

Thrifty cake

1 box cake mix 1-8 oz can soda (omit eggs, oil and water called for on the side of the box)

Pour powdered cake mix into bowl and add only the 8 oz of soda. Mix according to box directions. Pour into two, 8" rounds that are well greased or 9" x 13" per box instructions. Bake and frost per box directions. 1/10th of cake with diet soda is 210 calories, 4.5 g fat & no cholesterol; if made with oil & egg has 300 calories, 13 g fat & 55 mg cholesterol.

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Replace each egg in pancakes or baked goods with any of the following options: $\frac{1}{4}$ cup of applesauce OR mashed banana OR pumpkin OR mashed cooked sweet potato