Recipe

Birthday Cake

Preparation time	**25 minutes**
Cooking time	**45 minutes**
Servings	**8-10**
Cost per serving	**54¢**
Storage	**4 days in the fridge. Can be frozen.**
Kitchen tools	**Measuring cups and spoons, 8-inch round cake pan, parchment paper (or oil), 2 small bowls, large bowl, spoon, whisk (or fork), spatula**

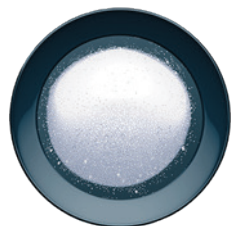# Ingredients

375 ml (1½ cups)
all-purpose flour

10 ml (2 tsp)
baking powder

1 ml (¼ tsp)
salt

250 ml (1 cup)
softened **butter**
(divided: 80 ml [1/3 cup]
+ 160 ml [2/3 cup])

175 ml (¾ cup)
sugar

12.5 ml (2½ tsp)
vanilla
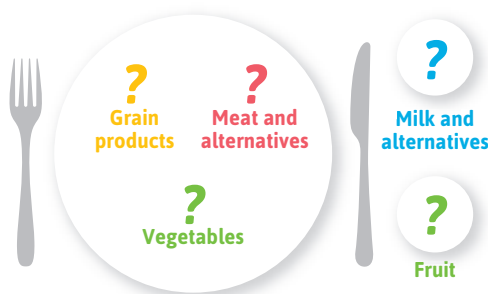(divided: 10 ml [2 tsp]
+ 2.5 ml [½ tsp])

2 **eggs**

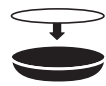160 ml (2/3 cup)
milk

375 ml (1½ cups)
icing sugar

?
Grain products

?
Meat and alternatives

?
Milk and alternatives

?
Vegetables

?
Fruit

Balanced plate

Delicious served with a glass of milk or fortified soy beverage

Directions

1 Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil an 8-inch round cake pan or cover with parchment paper.

180°C (350°F)

2 In a small bowl, combine the dry ingredients: **flour**, **baking powder** and **salt**.

3 In a large bowl, add **80 ml (⅓ cup)** of **softened butter**, **sugar** and **10 ml (2 tsp)** of **vanilla**. Whisk together or mix with a fork for 4 minutes.

00:04

4 Add 1 **egg** at a time, mixing well after each addition.

x 2

5 Fold **dry ingredients** into egg mixture with a spatula (1 third at a time) alternately with the **milk** (half at a time), beginning and ending with the dry ingredients. Mix until just blended and smooth.

6 Pour the **cake batter** into the cake pan and bake about 45 minutes.

00:45

7 Meanwhile, prepare the frosting: In a small bowl, mix **160 ml (⅔ cup)** of **softened butter**, the **icing sugar** and **2.5 ml (½ tsp)** of **vanilla**.
Tip: You can also use the chocolate pudding recipe for icing.

8 Once the cake is cooked, unmolded and cooled, spread the icing over the top and on the sides with a spatula.
Tip: Decorate the cake with chocolate chips, raisins or any other garnishes of your choice.

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

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