

8 Healthy  
*Cake Recipes*  
for Any Occasion



## ***8 Healthy Cake Recipes for Any Occasion***

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Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – [www.primecp.com](http://www.primecp.com)



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## Letter from the Editor

Dear Healthy Cooking Enthusiast:

Every once in a while, you deserve to indulge in something sweet, especially if you work out and stick to your diet. One of our favorite splurge treats is cake. Whether you're going to a birthday party, a wedding or a small family gathering, it's impossible to refuse something so soft, moist and absolutely comforting.

Worried about all of the calories cake contains? Have no fear. This fantastic eCookbook from FaveHealthyRecipes.com, **8 Healthy Cake Recipes for Any Occasion**, provides you with some delectable dessert recipes that will satisfy your sweet tooth without adding inches to your waistline! We carry a wide variety of cakes, ranging from decadent chocolate cakes like Chocolate Strawberry Layer Cake (featured on page 9) and light, fruity cakes like The Banana Split Icebox Cake (featured on page 17).

All of these healthy cake recipes include easy, healthy ingredient swaps to make them more guilt-free without taking away their sweetness. It looks like you can have your cake and eat it too!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, subscribe to [The FaveHealthyRecipes.com Email Newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these healthy cake recipes!

Sincerely,

*The Editors of FaveHealthyRecipes*

<http://www.FaveHealthyRecipes.com/>

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# Table of Contents

LIGHTENED-UP PEANUT BUTTER ICE CREAM CAKE.....5  
FRUIT TIRAMISU CAKE.....7  
CHOCOLATE STRAWBERRY LAYER CAKE.....9  
HEAVENLY ANGEL FOOD CAKE.....11  
BLUEBERRY BISQUICK MUG CAKE.....13  
LOVELY LEMON BUNDT CAKE .....14  
THE BANANA SPLIT ICEBOX CAKE .....15  
QUICK STRAWBERRY SHORTCAKE .....17  
**SPECIAL THANKS..... 19**

## Lightened-Up Peanut Butter Ice Cream Cake

By: [Megan from The Housewife in Training Files](#)

Imagine enjoying some of your favorite sweets without feeling guilty about it. Lightened-Up Peanut Butter Ice Cream Cake is a healthy dessert recipe that's rich, creamy and won't add any inches to your waistline. This recipe incorporates light Cool Whip instead of regular, heavy whipping cream, which makes it lighter than most desserts. But don't worry, even though it's healthy, the addition of a cookie dough crust, chopped peanuts and chocolate and peanut butter chips make it taste just as dreamy as regular ice cream cake.



### Ingredients

#### Crust:

- 3 cups chickpeas (drained and rinsed)
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 2 tablespoon pure vanilla extract
- ½ cup peanut butter
- ¼ cup Maple syrup
- ½ cup Truvia (or 1 cup other sweetener)
- ¼ cup coconut flour
- 1/3 cup mini chocolate chips

#### Ice Cream:

- 48 oz light vanilla ice cream
- 1 (8 oz) container TruWhip (or Cool Whip)
- 1 cup peanut butter chips

#### Garnish:

- ¼ cup peanut butter
- Mini Chocolate Chips
- Chopped Peanuts

## Instructions

1. To make the crust, combine the chickpeas, salt, baking soda, vanilla extract, peanut butter and maple in a blender.
2. Puree very well. May need to use a spatula to move mixture around.
3. Once pureed very well, transfer to mixing bowl and add Truvia, coconut flour and mini chocolate chips.
4. Line a 9x13 inch baking dish with foil with edges overlapping. Spread dough evenly in the bottom of pan. Place in freezer for 3 hours or overnight, until frozen.
5. Once dough is frozen, set out ice cream for about 15 minutes or until slightly softened. In a large bowl, combine ice cream and TruWhip by folding them together. Be gently to not deflate the TruWhip. Once almost totally mixed together, add peanut butter chips and fold in until completely mixed well.
6. Layer ice cream on top of crust and place back in freezer. Freeze 3 more hours or overnight.
7. When ready to serve, set out for 10 minutes to soften. Microwave peanut butter for 15 seconds or until liquid, then drizzle over cook and sprinkle with chocolate chips and peanuts.
8. Transfer to mixing bowl and fold in chocolate chips.

## Fruit Tiramisu Cake

By: [Zrinka from dieT Taste](#)

When you don't feel like turning your oven on, Fruit Tiramisu Cake is the perfect light treat to help satisfy your sweet tooth. This healthy dessert recipe features a delightful combination of pineapples, ladyfingers and yogurt, which makes it taste extra creamy and heavenly without ruining your diet. You can enjoy this cake anytime throughout the year, and it goes great with a scoop of sugar-free vanilla or coconut ice cream on the side. It requires very few ingredients, which makes this a great option to whip up if you are on a budget.



### Ingredients

- 14 oz can of pineapples
- 1  $\frac{3}{4}$  cup firm yogurt
- 1  $\frac{3}{4}$  cup whipping cream
- 2 teaspoon gelatin powder (optional)
- Sugar to taste
- Lemon zest
- 2 tsp vanilla sugar
- $\frac{7}{8}$  cup ladyfingers



## Instructions

1. Drain pineapples, preserve the liquid.
2. Put gelatin powder in a small pan or saucepan and mix with 4 Tbsp of water. Let stand for 10 minutes.
3. Whip cream to soft peaks.
4. Heat gelatin for a few seconds over low heat, just until it dissolves. Do not let it boil.
5. In a large bowl, combine yogurt, sugar, vanilla, lemon zest and gelatin. Add drained fruit. Fold in whipped cream.
6. Put pineapple juice in a shallow plate. Soak lady fingers in it for just a few seconds, then lay them on the bottom of your serving dish. Cover with half of the yogurt mixture. Place another layer of ladyfingers on top and finish with the other half of the yogurt filling.
7. Cover and let stand in refrigerator for at least 2 hours.

## Notes

Do not use fresh pineapples, kiwis or papayas because they will prevent gelatin from setting. You can use other types of fresh fruit.



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# Chocolate Strawberry Layer Cake

By: [Rachel from Sweet Talk From a Super Foodie](#)

Imagine a rich, sweet chocolate cake recipe that won't ruin your diet. Sounds impossible? Think again. Chocolate Strawberry Layer Cake uses healthy ingredient swaps and fresh fruit, so you can enjoy dessert without feeling guilty about it. It's light, comforting and guaranteed to satisfy your sweet tooth without adding inches to your waistline. No baking is required for this tasty treat, which is perfect if you don't feel like turning your oven on! The only equipment you need is a high speed blender and a standard mixer.



## Ingredients

### Wet Ingredients:

1 ½ cups pitted medjool dates  
¾ cup filtered water  
¼ cup almond milk  
¼ cup pure maple syrup (or raw sweetener)  
¼ cup melted coconut oil  
2 tablespoons vanilla extract  
Pinch of pink Himalayan salt

### Dry Ingredients:

3 cups blanched almond flour

1 cup coconut flour  
1/3 cup ground flax seed (flax meal)  
½ cup cacao powder + 2 tablespoons  
Pinch of Himalayan pink salt

### Strawberry Frosting:

1 cup raw cashews, soaked in cool water overnight  
1 ½ cups fresh strawberries  
¼ cup raw agave  
¼ cup coconut oil, melted  
1 tablespoon lemon juice

2 teaspoons vanilla extract  
Pinch of Himalayan pink salt

### Ganache Topping (optional):

2 tbs coconut oil  
¼ cup cacao powder  
¼ cup maple syrup (or raw sweetener)  
1 teaspoon vanilla  
Pinch of Himalayan salt  
Extra strawberries for decoration

## Instructions

### Chocolate Cake Layer

1. Blend wet ingredients in high speed blender until smooth.
2. Place dry ingredients in a large mixing bowl and stir to combine.
3. In mixer (on low speed) slowly add the wet ingredients to the dry until fully incorporated. Remember to scrape down the sides as you go. Set aside.

### Strawberry Frosting

4. Blend all ingredients in high speed blender until consistency is smooth. You may need to add a little water to make the consistency smooth. If necessary, add as little as possible to keep the frosting creamy.

### Ganache (Make this when the cake has set and is ready to decorate)

5. Melt the coconut oil in a glass bowl over a saucepan of gently simmering water. Combine maple syrup, cacao powder and vanilla extract. Whisk until the ganache is smooth.

### To Assemble

6. Divide the cake into thirds pressing the first one into a 6-inch springform cake pan. Next spread a layer of strawberry frosting on top.
7. Set in the freezer until this layer has hardened and alternate between the two mixtures until you have made three layers. Place cake in the freezer for 2 hours to set.

### To Decorate:

8. Remove cake from the springform pan and spread ganache layer on top of the cake with a warm knife or spatula.
9. For the chocolate covered strawberries dip strawberries in leftover ganache and press on top of the cake.
10. Optional: If you have extra strawberry frosting you can frost the sides with a flat knife (adding a bit of flour if needed to thicken).
11. Set in fridge until ready to eat. Keeps for 2 days in fridge.

### Notes

If you can't find medjool dates (which are much softer than your average date), soak your dates for an hour or so in warm water before blending to ensure a smooth consistency.

## Heavenly Angel Food Cake with Berries

By [Monique from The Better Martha](#)

Heavenly Angel Food Cake with Berries is appropriately named because it tastes like the angels sent it directly from heaven. This healthy dessert recipe is light, fluffy and sweet. Unlike most angel food cakes, this one does not contain any butter and replaces whipped cream with vanilla Greek yogurt, so you can still have that same comforting feeling without consuming any unwanted calories. The berries add a certain sweetness that really jazzes up the cake, giving it a healthy and fruity twist. If you're looking for a dessert that won't ruin your diet, this is it.



### Ingredients

- 1 cup cake flour (or 7/8 cup all-purpose flour and 1/8 cup cornstarch well sifted together)
- 1 ½ cups white sugar
- 12 egg whites
- 1 tablespoon vanilla extract
- 1 ½ teaspoons cream of tartar
- ½ teaspoon salt
- 2 cups Greek yogurt
- 2 cups frozen berry puree

## Instructions

1. Preheat the oven to 375 degrees F and sift together flour and sugar.
2. Whip egg whites with salt, vanilla and cream of tartar until the form medium stiff peaks.
3. Slowly fold dry ingredients (1/3 at a time) into foamy egg whites. Be careful not to over mix.
4. Pour batter in pan and bake for 40 minutes. The cake should spring back when touched.
5. Allow to cool for 30 minutes before removing from pan.
6. Scoop small sections from pan and top with Greek yogurt and berry puree.

## Blueberry Bisquick Mug Cake

By: [Jennifer from Kirbie's Cravings](#)

Give your oven a break and instead turn to your trusty microwave oven to make this Blueberry Bisquick Mug Cake recipe from Jennifer of Kirbie's Cravings. To help make things easier, use Bisquick instead of flour to form the base of this easy dessert idea. Blueberries not only add a burst of sweetness here, but the berries are also loaded with cancer-fighting antioxidants. If you want to make this mug cake recipe healthier, use Heart Smart Bisquick, skim milk and your favorite sugar substitute.



### Ingredients

- 5 ½ tablespoon Bisquick
- 4 tablespoon sugar
- 3 tablespoon oil
- 3 ½ tablespoon milk
- 1 medium egg
- Splash of vanilla
- 8 blueberries

### Instructions

1. Add all ingredients except blueberries into an oversized mug.
2. Stir with a whisk and mix until most of lumps are gone and only very tiny Bisquick lumps remain.
3. Drop in blueberries.
4. Cook in microwave for approximately 1 1/2 -2 minutes. Cake may still have a wet outside, but this is normal.
5. If inside of cake is done (insert a knife to check), then cake is done. Let cake cool in cup before eating.

## Lovely Lemon Bundt Cake

By: [Meggan from Culinary Hill](#)

Every once in a while, you deserve to splurge on a scrumptious dessert. Lovely Lemon Bundt Cake is perfect to indulge in. This easy cake recipe tastes sweet, light and very comforting. This recipe includes lemon pudding mix, which makes this tasty treat extra moist and flavorful. To add a lighter twist to this cake, serve it with fresh strawberries and non-fat whipped cream. It's super simple to whip up, so if you don't like spending much time in the kitchen, then this is the dessert for you.



### Ingredients

- Nonstick cooking spray
- 1 package lemon cake mix
- 1 – 3.4oz package instant lemon pudding
- 2/3 cup water
- 1/3 cup fresh lemon juice (from 1 lemon)
- 4 large eggs
- ½ cup canola or vegetable oil
- 1 teaspoon lemon zest
- Fresh strawberries for serving, optional

### Instructions

1. Preheat oven to 350°F. Coat a large Bundt pan with nonstick cooking spray.
2. Combine cake mix and dry pudding in a large bowl. Add water, lemon juice, eggs, oil, and zest.
3. Mix together for 3-4 minutes by hand or in a standing mixer.
4. Pour into prepared pan and bake for 40 minutes or until a toothpick inserted comes out clean.
5. Cool 15 minutes in the pan. Invert on to a cooling rack.
6. Transfer to a serving platter and serve with fresh strawberries if desired.

## The Banana Split Icebox Cake

By: [Christy from The Girl Who Ate Everything](#)

This recipe is as magical as it looks. Better yet, it so magical that you can make it with just a few ingredients and be the master of cake this summer. The Banana Split Icebox Cake is layered with frozen whipped topping, graham crackers, strawberries, bananas and maraschino cherries just like it should be. Top with nuts, if you so desire. But, rest assured, it is one of the best cake recipes for summer. You will not be disappointed.



### Ingredients

#### Cake:

- 1 carton (16 oz) frozen whipped topping, thawed (or 6 cups of homemade whipped cream)
- 1 cup (8 oz) sour cream
- 1 package (3.4 oz) instant vanilla pudding mix
- 1 can (8 oz) crushed pineapple, drained
- 24 whole graham crackers

- 2 medium bananas, sliced thin

#### Chocolate Drizzle:

- ¼ cup heavy cream
- ¼ cup semi-sweet chocolate chips

#### Toppings:

- Additional sliced bananas
- Sliced fresh strawberries



## Instructions

1. In a large bowl, mix the whipped topping, sour cream, and pudding mix until blended. Fold in pineapple. Fill a Ziploc bag with pudding mixture and cut off the corner of the bag.
2. On a flat serving plate or large baking dish arrange four graham crackers in a rectangle. Pipe about 1 cup of the pudding mixture over the crackers; top with about 1/4 cup banana slices. Repeat layers five times. Cover and refrigerate for at least 8 hours or overnight. Graham crackers should be soft.
3. Before serving, make the chocolate drizzle. For the Chocolate Drizzle: Heat the cream in the microwave until hot (about 20-30 seconds). Place chocolate chips in a small bowl and pour hot cream over the chips. Let it sit for a second and then stir until chocolate is smooth. Let cool slightly while preparing the bananas and strawberries for the topping.
4. Arrange sliced fruit on top. Drizzle with chocolate and serve.

## Quick Strawberry Shortcake

By [Kevin from Closet Cooking](#)

This recipe for strawberry shortcake is simple and fast. The Quick Strawberry Shortcake is just five ingredients mixed together. The fresh strawberries are sweet and tasty and will give you tons of vitamin C. The cake is light and every bite is a burst of strawberry flavor. This cake recipe cooks in 15 minutes and is ready to serve. Put your strawberries to good use and bake with this recipe for strawberry shortcake.



### Ingredients

- 1 pound strawberries, sliced
- 2 tablespoons sugar
- 1 ½ cups flour
- 2 teaspoons baking powder
- ¼ cup sugar
- ¼ cup butter, cold, grated
- ½ cup buttermilk
- 1 cup heavy cream
- ¼ cup sugar

## Instructions

1. Mix the strawberries and sugar and let sit in the fridge for 30 minutes to a few hours.
2. Mix the flour, sugar and baking powder in a large bowl.
3. Mix in the grated butter with your hands until it forms fine crumbs.
4. Add the buttermilk and mix until the dough is formed.
5. Split the dough into 4 equal parts and place them on parchment paper on a baking sheet.
6. Bake in a 400 degrees F preheated oven for 15 minutes or until the top is golden brown.
7. Whip the whipping cream and sugar.
8. Cut the shortcake in half top with the strawberries and whipped cream and enjoy!

## Special Thanks

[Christy from The Girl Who Ate Everything](#)

[Jennifer from Kirbie's Cravings](#)

[Kevin from Closet Cooking](#)

[Megan from The Housewife in Training Files](#)

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[Rachel from Sweet Talk from a Super Foodie](#)

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