

# Chocolate Upside-Down Baked Nut Pudding

Author: Adapted from my mother's recipe from about 1950, in her handwriting.



*Description: A type of chocolate pudding cake (makes its own sauce)*

1. Preheat oven to 350. Sift flour, baking powder, salt, sugar and cocoa together. Sift into a larger bowl.
2. Add vanilla to milk, then combine with the melted butter and chopped nuts. Add to the dry ingredients. Stir just enough to combine, then pour into an 8x8x2 baking dish.
3. Mix brown sugar with the 1/4 cup cocoa. Sprinkle this mixture on top of the entire surface of the batter.
4. Gently pour the hot water over the top. Do not stir.
5. Gently move the pan into oven and bake for 40-45 minutes.
6. Serve warm with whipped cream or vanilla ice cream.

## CAKE BATTER:

- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup sugar
- 3 tablespoons cocoa
- 1 cup 2% low-fat milk
- 1 teaspoon vanilla
- 2 tablespoons unsalted butter, melted
- 1/2 cup chopped nuts, walnuts or pecans

## TOPPING:

- 1 1/4 cups light brown sugar
- 1/4 cup cocoa (scant the measure by about a tablespoon)
- 2 cups boiling water

*Per Serving (excluding unknown items): 323 Calories; 9g Fat (24.5% calories from fat); 5g Protein; 59g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 284mg Sodium.*

*Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 2 1/2 Other Carbohydrates.*

**Carolyn T's Tasting Spoons blog:**

<http://tastingspoons.com>