

At this point in our relationship, having known each other for a few weeks now, I hope I have managed to convince you that I would only want to lead you down a healthy path. Because, if I haven't convinced you of that, its not going to be any fun encouraging you to bake and eat this "diet free" chocolate cake. That's right, Thursday night is your night off from whatever diet you are on this week...This is one cake you are not going to want to miss.

For many of you, this Thursday is Valentine's day. For me and the other single-o's, its going to be stuff your face with delicious chocolate cake night. So all you lovers out there, grab your heart shape cake pans and your pink food coloring and lets bake a cake! And all the single-o's...Hide that summer speedo and get off the scale, its time to stuff our faces!

Go to the fridge or the store and make sure you have..

3 ounces semisweet chocolate  
½ cup butter  
2 ¼ cup light brown sugar  
3 eggs  
1 ½ teaspoon vanilla  
2 cup flour  
2 teaspoon baking soda  
½ teaspoon salt  
1 cup sour cream  
1 cup boiling water

- Preheat oven to 350°F.
- 2. Melt chocolate in a microwavable dish in the microwave for about 2 minutes, 1 minute at a time.
- 3. Beat butter in large mixer bowl. Add brown sugar and eggs. Beat until light and fluffy, about 5 minutes.
- 4. Add vanilla and melted chocolate. Beat to combine.
- 5. Combine flour, baking soda and salt. Add to chocolate mixture gradually, alternating with sour cream and beating after each addition.
- 6. Stir boiling water into the batter - the batter will be thin.
- 7. Pour into two 9 inch round cake pans which have been greased and floured.
- 8. Bake for 35 minutes, until cake centre springs back when touched.
- 9. Cool for 10 minutes before removing from pans. Allow to cool completely before applying frosting.

MMMMM... now we make frosting!

¼ cup butter  
2 cup icing sugar  
½ teaspoon vanilla  
½ cup milk

### Red food coloring

1. Beat butter until ... well, until its beaten
2. Mix in powdered sugar and vanilla.
3. Add milk teaspoon by teaspoon until desired consistency
4. Add red food coloring a couple drops at a time until the desired color is reached.

\*It is very important not to add all the milk at once as it will get to a runny consistency very quickly. You may end up only needing a few teaspoons of milk.

Now you have a cake to impress your sweetie, or if you're a single-o, you have a cake that's definitely worth baling on your diet for!