

Angel Food Cake - Low-Carb Version

I adore Angel Food Cake. I just can't stomach all the sugar that you have to add to it to make it taste like the recipes of old. The recipe below uses Splenda instead of refined sugar so that you can indulge your sweet tooth without having to worry about all the carbohydrates you're taking in.

Angel Food Cake
Serving Size: 121 cup whey protein Isolate, vanilla; sifted

2 tsp baking powder, sifted

1/8 tsp salt

1/2 tsp cream of tartar

5 large eggs, separated

2 tsp vanilla extract

1 tbsp grated lemon rind, finely grated

1 tsp lemon extract

1/2 cup heavy cream

1/4 cup water

7 tbsp Splenda, or other sweetener
Glaze:

2 oz heavy cream

2 tbsp butter

1 tsp vanilla extract or lemon extract

3 oz cream cheese
Instructions: Preheat oven to 300°F-150°C. Spray a Bundt pan with cooking spray very well. Sift protein powder, baking powder, and salt and set aside. In a large bowl, beat egg whites with cream of tartar until stiff. In another bowl, beat egg yolks, artificial sweetener, extracts and lemon peel. Beat in water and cream, and then beat in dry ingredients. Fold into whites very carefully, and then spoon into a prepared Bundt pan. Bake for 45 minutes, then let cool 10 minutes before inverting and removing (this is the tricky part, just do your best). For the glaze, beat the cream, butter, cream cheese and extracts well. If this is too thick, add more cream, 1 tablespoon at a time. Drizzle over cooled cake. Makes 12-15 servings in a standard Bundt pan. Per Serving: 124 Calories; 12g Fat (85.0% calories from fat); 3g Protein; 1g Carbohydrate; trace Dietary Fiber; 111mg Cholesterol; 173mg Sodium

About the Author

Recognizing the importance of a global strategy for diet, diet and physical activity on health often interact, particularly in relation.

Source: <http://www.productsherbal.com>