

Angel Food Cake

Makes 12 servings



Ingredients

- 12 egg whites, room temperature
- 1 cup all purpose flour
- 1/4 cup cornstarch
- 1 teaspoon cream of tartar
- 1 1/2 cups sugar substitute*
- 2 teaspoons pure vanilla extract
- Pinch of salt

Directions

1. Preheat oven to 325 degrees F.
2. Sift flour, cornstarch, sweetener, and salt into a bowl. Set aside.
3. Using a mixer, whip egg whites with the cream of tartar until medium peaks form. Add the vanilla little by little.
4. Gently, using a spatula, fold in the flour mixture into the egg whites in 3-4 batches. Be careful, do not deflate the egg whites.
5. Place mixture into a UNGREASED angel food pan and bake for 40-45 minutes or until cake is springy to the touch and the top is golden (if you don't have an angel food pan, you can use a regular cake pan—but cooking time may be slightly different so watch carefully when baking to avoid overcooking).
6. Remove from the oven and invert pan onto the neck of a wine bottle to cool completely.
7. Run a knife around the rim of the cake pan to remove the sides. Then run your knife between the cake and the bottom part of the mold to release the bottom part.
8. Serve with sour cream, sugar-free whipped topping, and fresh fruit.
9. Enjoy!

Nutrition Facts

Serving Size 1 slice
Servings Per Container 12

Amount Per Serving

Calories 66

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 50mg **2%**

Total Carbohydrate 33g **11%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 4g **8%**

*Percent Daily Values are based on a 2,000 calorie diet.



Chef's Notes

*You can use 1 1/2 cups of Swerve or Splenda. Just keep in mind that some sweeteners are stronger than others, so read on the label their conversion chart to see how much you would need to replace 1 1/2 cups of sugar.