Angel Food Cake with Raspberry Sauce

Cake Batter

Ingredients

- 1 1/2 cups egg whites (about 12 eggs)
- 1 cup cake flour
- 1 1/2 cups plus 2 tablespoons sugar, divided
- 1 1/2 teaspoons cream of tartar
- 1 1/2 teaspoons of vanilla extract
- 1/2 teaspoon of lemon extract
- 1/4 teaspoon salt

Preparation

- Preheat oven to 375 degrees.
- Place egg whites in a large mixing bowl and let stand at room temperature for 30 minutes.
- Sift cake flour and 3/4 cup plus 2 tablespoons sugar together twice; set aside.
- Beat egg whites with cream of tartar, extracts and salt on medium speed until soft peaks form.
- Gradually add remaining sugar, 2 tablespoons at a time, beating on high until stiff peaks form and sugar is dissolved.
- Gradually fold in flour mixture, a fourth at a time.
- Gently spoon into an ungreased 10–inch tube pan.
- Cut through the batter with a knife to remove air pockets.
- Bake on the lowest rack for 30-35 minutes or until top springs back when lightly touched and cracks feel dry.
- Immediately invert baking pan; cool completely.
- Run a knife around sides and center tube of pan.
- Invert cake onto a serving plate.

Raspberry Sauce

Ingredients

- 1 cup raspberries, fresh or frozen
- Juice from 1/2 lemon
- 4 tablespoons no-sugar sweetener, granular

Preparation

- Puree berries in blender with lemon juice.
- Add sugar 1 tablespoon at a time, to taste.
- Strain puree through a fine strainer.
- Spoon sauce onto plate, add cake slice, then spoon additional sauce on top.

Nutritional Analysis (per serving)

237 calories
2 grams protein
51 grams carbohydrates
2 grams fat

This recipe makes 16 servings.

https://speakingofwomenshealth.com/health_library/read/category/recipe_box/desserts/Angel_Food_Cake_with_Raspberry_Sauce