

Whole Grain Berry Cake

From the OLDWAYS Whole Grains Council

<http://wholegrainscouncil.org/recipes/snacks-desserts/whole-grain-berry-cake>

Ingredients

For the Cake

- 3 large eggs, room temp
- 1/4 tsp salt
- 1/2 cup sugar (divided)
- 1/4 cup milk
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- 3/4 cup white whole wheat flour
- 1/2 tsp baking powder

For the Berries

- 1 quart strawberries or mixed berries
- 1 tsp. sugar

For the Cream

- 2 oz. whipping cream
- 6 oz. Greek yogurt
- sugar to taste

Instructions

1. Wash berries, and slice if large. Add sugar. Set aside for a few hours, so they'll get really juicy.
2. Preheat oven to 325°F. Separate the egg whites and yolks – whites into medium bowl, yolks into big bowl – and let them come to room temperature.
3. *Whites + salt + 1/2 sugar*: Beat the whites with the salt until they've peaked, then gradually beat in half the sugar. Set them aside.
4. *Yolks + 1/2 sugar + milk + extracts*. Without cleaning your beaters, beat the yolks with the remaining sugar until they're thick and light yellow. Blend in the milk, vanilla and almond extracts.
5. *Flour + Baking Powder*. In a small bowl, mix the flour with the baking powder.
6. With a whisk, blend the dry ingredients into the egg yolks, then fold in the egg whites.
7. Divide this mixture into two greased 8-inch cake pans. Note: grease pans, line with wax paper, grease again liberally as this low-fat cake likes to stick.
8. Bake for 30 to 35 minutes. Cool on a wire rack briefly, remove from pans and continue to cool.

To Assemble (at least an hour before serving, so juices penetrate)

Put one layer on a plate. Cover with "cream" and strawberries. Do the same thing with the second layer. When you serve the cake, use up any leftover fruit and "cream" on each serving.

Makes 6-8 servings Nutrition information per serving:

Calories: 190	Dietary Fiber: 3 g
Total Fat: 6 g	Sodium: 160 mg
Saturated Fat: 3 g	Protein: 7 g
Cholesterol:	Carbohydrates: 29 g



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