

Gluten Free Angel Food Cake

By Nina Lynn



Ingredients:

1/3 cup tapioca starch
1/3 cup almond meal
1/3 cup all purpose gluten-free baking flour (Bob's Red Mill)
1 tsp. xanthan gum
12 organic egg whites, at room temp.
1/2 tsp. sea salt
1 1/4 tsp. cream of tartar
1/2 tsp. stevia
2 tsp. DRY lemon peel
1 tsp. almond flavoring
1-2 cups organic fruit of choice

Directions:

Preheat oven to 350 degrees. Combine starch, meal, flour and gum in a small bowl. In a medium bowl, separate the whites from the yolks, add salt and cream of tartar and beat on high until frothy. Sprinkle in the stevia and continue beating on high until it forms high peaks.

In a large bowl, carefully layer about 1/4 of the egg whites and 1/4 of the flour mixture, fold together. Continue the layering and folding until all the flour is in. Pour mixture into an angel food cake pan. Bake on 350* for 45min. Cool cake upside down, carefully remove from pan and top with favorite organic fruit to serve.

Why This Recipe Is Healthy:

The greatest health benefit of this recipe is that it is a lovely desert which people who are sensitive to gluten can share and enjoy. Stevia is also a better choice than sugar because it does not cause an insulin response or disrupt blood sugar levels. Healthy eaters do enjoy occasional deserts, and it is always better to make our own from fresh organic ingredients rather than buying processed, refined, high sugar and preservative laden grocery store alternatives.