

Apple Cloud Cake

Yields 1 9 x 9" square cake

Ingredients

8 Egg Whites at room temperature
Separate when cold, let whites come to room temp. after
→ *You could make this Vegan using aquafaba*
3 cups Apple (usu. 2 large), peeled, grated
→ *We prefer Honeycrisp Apples*
→ *A food processor with the grating attachment makes this a snap*
2 Tbsp. Fresh Lemon Juice
1/2 cup Granulated Sugar
1 tsp. Cinnamon
1/2 tsp. Cardamom
1/2 tsp. Vanilla Extract
1 1/2 cups White whole Wheat Flour, sifted
1/2 tsp. Salt
1/2 cup Walnuts, chopped

Directions

Pre heat oven to 350°F.
Generously spray a 9 x 9" cake pan with canola then dust with flour; set aside.
→ *They sell Canola with Flour Spray FYI*

Step 1

Place egg whites (or aqua faba) in a cold bowl and beat with an electric mixer on high speed until stiff peaks form.

Step 2

Meanwhile, in another large bowl, add grated apple and remaining 8 ingredients (thru walnuts). Combine well.

Step 3

Use a spatula to fold in egg whites (or aquafaba) until fairly well combined. Transfer to prepared baking pan and place into pre heated oven and bake for about 30 min., or until a toothpick inserted in the center comes out clean. Cool in the pan on a wire rack for at least 15 min. before slicing.



→ Remember that we do not portion our desserts. It's up to you to practice enjoying treats without going crazy. They still have calories, carbs and fat.

What is Aqua Faba??

(aqua = water/faba = bean)
15 oz. can Garbanzo (Chickpea) Beans

Directions:

Drain canned Garbanzo beans; reserving all the aquafaba. You should have about 3/4 cup of liquid. Pour aquafaba into a mixing bowl. Beat on high speed with a whisk attachment until stiff peaks form; as little as 5 min., as much as 15 minutes