

A slightly lighter, fruity version of the Chocolate Dream Cake with the same low-carb, no-added-sugar, no-grain, no-gluten, high-fiber goodness. Order Fiberfit, check out more recipes, and visit my interactive forum to talk with other, real low-carbers to get the kind of long-term support that can make a real difference - LearnLowCarb.com



RASPBERRY DREAM CAKE

CAKE BATTER:

- 16 oz. unsalted blanched almonds, ground fine (4 cups almond "flour" aka almond meal - unblanched OK but will affect appearance)
- 3 Tb. powdered dry milk (full fat preferred and analyzed)
- 1/2 cup unflavored whey protein powder
- 1 tsp. baking soda - Reduce to 3/4 tsp. at altitudes over 7000'
- 1/2 tsp. salt
- 6 Tb. softened butter
- 8 oz. softened cream cheese
- 6 large eggs
- 1 tsp. vanilla extract
- 4 Tb. FIBERFIT
- 1/2 cup very warm water (optional - omit for a pound cake texture, or include for a lighter more traditional cake texture)



Serves: 16 - Net Carbs per serving: 5.3

CREAM FILLING:

- 8 oz. softened cream cheese
- 2 Tb. FIBERFIT
- 1 tsp. vanilla extract
- 1 cup fresh raspberries, sieved

DRIZZLE:

- 1 cup fresh fresh raspberries, sieved

Grease a tube-style pan well, dust the sides with some of the almond flour, and preheat the oven to 350 F.

Process the raspberries: Push them against a wire mesh to remove seeds and liquefy. Set resulting sauce aside (process in two separate batches if needed.)

Blend ground almonds with whey powder, dry milk, baking soda, and salt. Set aside. Cream butter and cream cheese well, scraping sides of bowl and beaters as needed. Add eggs slowly, one at a time, and incorporate each one well before adding the next. (Continue to scrape sides as needed.) Add vanilla extract and Fiberfit. Add dry ingredients slowly, and beat until well incorporated, but do not over-mix. Stir in the warm water last, if using.

Spoon about half of the batter out evenly in the prepared pan. Set the rest aside. Cream filling ingredients together in a separate bowl. Spoon the filling out carefully in a circle over the batter already in the pan to form the tunnel, and then use the remaining batter to cover the filling; smooth top gently.

Bake for 35-40 minutes. Cool in pan briefly, as needed; un-mold. Excellent either warm or cold! (Store refrigerated.)

370 calories; 31g total fat (11 g saturated); 12.6g carbohydrates 7.3g fiber; 2.3g sugar; 13g protein

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