



I call this "Dream" Cake because believe it or not, this cake is all of this: High Fiber, High in Healthy Monounsaturated Fats, Sugar-Free, Grain-Free, Gluten-Free, Easy to Make, and STILL Absolutely Delicious! **PERFECT FOR DIABETICS AND LOW-CARB DIETERS ALIKE!**

FIBERFIT DREAM CAKE

CHOCOLATE CAKE:

- 16 ounces unsalted blanched almonds, ground fine (4 cups almond "flour")
- 3 tablespoons dry non-fat milk powder
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking soda (3/4 tsp. at altitudes over 7000')
- 1/2 teaspoon salt
- 6 tablespoons softened butter
- 8 ounces softened cream cheese
- 6 large eggs
- 1 teaspoon vanilla (or almond) extract
- 4 tablespoons [Fiberfit™](#) sweetened dietary fiber
- 1/2 cup very warm water (optional – omit for a poundcake-like texture, or include for a lighter, more traditional cake texture)

CREAMY FILLING:

- 8 ounces softened cream cheese
- 2 tablespoons [Fiberfit™](#) sweetened dietary fiber
- 1 teaspoon vanilla extract
- 1 teaspoon warm water (or as needed for proper consistency)



For best results: One hour before starting this recipe, place butter, cream cheese and eggs on counter to come to room temperature.

Grease a tube or angel-food cake pan well, dust the sides with some of the almond flour, and preheat your oven to 350 F. Blend remaining ground almonds with cocoa powder, dry milk powder, 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. Spoon about half of the batter out evenly in the prepared pan. Set the rest aside.

Cream filling ingredients together in a separate bowl, adding water if needed for proper consistency. You are looking for a firm mixture that is just loose enough to spoon out in dollops while retaining its shape. Spoon this filling out carefully in a circle over the batter already in the pan, and then use the remaining batter to cover the filling; smooth top gently. Bake for about 35-40 minutes, until it tests done. Cool in pan for a few minutes; un-mold. Slices and serves VERY nicely warm, or cold... your choice! (Store refrigerated for up to five days; freeze tightly wrapped individual portions for up to two months.)

COOKING TIP: If you grind your own almonds, save a step and mix the other dry ingredients in your food processor after the almonds are ground.

Serves 16 – per serving: 357 Calories, 31 g Fat (Saturated Fat 11 g), 11.4 g Carbohydrates (6.6 g Dietary Fiber, 2.25 g Sugars, 0 g Sugar Alcohols) 11.4 g Protein

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