



Flourless Honey-Almond Cake

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Honey and almonds flavor this simple (and gluten-free) cake. It's lovely for afternoon tea or a spring holiday dessert. Be careful not to overbeat the egg whites—they should be white and very foamy, but not at all stiff or able to hold peaks. If you beat them too much, the cake may sink in the middle as it cools.

10 servings | Active Time: 20 minutes | **Total Time:** 2 hours

Ingredients

Cake

- 1 1/2 cups whole almonds, toasted (see Tip)
- 4 large eggs, at room temperature (see Tip), separated
- 1/2 cup honey
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Topping

- 2 tablespoons honey
- 1/4 cup sliced almonds, toasted (see Tip)

Preparation

1. Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray.
2. Process whole almonds in a food processor or blender until finely ground. In a large bowl, combine 4 egg yolks, 1/2 cup honey, vanilla, baking soda and salt in attachment on a stand mixer) on medium speed until well combined.
3. Beat 4 egg whites in another large bowl with the electric mixer attachment on a stand mixer) on medium speed until very foamy, 1 to 2 minutes (depending on the type of mixer). Using a rubber spatula, gently fold the egg whites into the nut mixture until just combined. Scrape the batter into the prepared pan.
4. Bake the cake until golden brown and a skewer inserted into the center comes out clean, about 28 minutes. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring. Let cool completely.
5. If desired, remove the cake from the pan bottom by gently sliding a large, wide spatula between the cake and the parchment paper. Carefully transfer the cake to a serving platter. To serve, drizzle the top of the cake with honey and sprinkle with sliced almonds.

Nutrition

Per serving : 234 Calories; 14 g Fat; 1 g Sat; 8 g Mono; 85 mg Cholesterol; 22 g Carbohydrates; 8 g Protein; 3 g Fiber; 208 mg Sodium; 54 mg Potassium

1 1/2 Carbohydrate Serving

Exchanges: 1 1/2 carbohydrates (other), 3 fat

Tips & Notes

- **Make Ahead Tip:** Store the cooled cake airtight at room temperature for up to 1 day. Drizzle with honey and sprinkle with almonds just before serving. | **Equipment:** 9-inch springform pan, parchment paper

- **Tip:** To toast whole almonds, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes. To toast sliced almonds, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
- **Note:** Eggs must be at room temperature for the proteins to unwind enough to support the cake's crumb. Either set the eggs out on the counter for 15 minutes or submerge them in their shells in a bowl of lukewarm (not hot) water for 5 minutes before using.

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The image shows a promotional graphic for Eating Well magazine. On the left is the front cover of the magazine, which features a large slice of cantaloupe. Text on the cover includes: 'COOK ONCE, EAT TWICE... 6 EASY STEPS TO DROP 10 LBS', 'EatingWell', 'WHERE GOOD TASTE MEETS GOOD HEALTH', '45 FRESH, FAST & HEALTHY RECIPES', 'ONE POT MEALS YOU'LL LOVE', '10 INCREDIBLE CHOCOLATE DESSERTS', and 'THE DELICIOUS NEW WAY TO DIET'. On the right is a small inset image of a green ceramic bowl filled with a dessert, topped with fruit, on a yellow plate. Below this is a yellow starburst graphic that says 'Save 50% off the cover price!'. At the bottom of the graphic is an orange banner with the text 'SPECIAL OFFER'.

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