

## Teresa's Treat (Angel food cake)

Serves 10

### Ingredients

10 egg whites  
50g artificial sweetener  
100g wholemeal self raising flour  
½ teaspoon cream of tartar  
½ teaspoon vanilla extract  
¼ teaspoon almond extract  
¼ teaspoon salt  
250g fresh raspberries

### Method

1. Separate eggs; discard yolks or refrigerate for another use. Measure egg whites, adding or removing whites as needed to equal 1 – 1½ cups. Place in a mixing bowl: let stand at room temperature for 30 minutes.
2. Sift 25g of sugar and flour together three times; set aside.
3. Add cream of tartar, extracts and salt to egg whites; beat on high speed.
4. Gradually add 25g of sugar, beating until sugar is dissolved and stiff peaks form.
5. Fold in flour mixture, ¼ cup at a time, also fold in fresh raspberries.
6. Gently spoon into an ungreased 10 inch tube pan. Cut through batter with a knife to remove air pockets.
7. Bake at 350°F for 40 - 45 minutes or until cake springs back when lightly touched. Immediately invert pan; cool completely before removing cake from pan.

### Topping

Simply add crème fraiche and low fat yogurt with some fresh raspberries.