

Birthday Cake

INGREDIENTS

- 10 eggs (whites only)
- 2oz of 100% all natural xylitol sugar ("perfect sweet" - see www.perfectsweet.co.uk available in Sainsburys & Waitrose)
- 1 cup (4oz) Wholemeal Self-raising flour
- 1/2 teaspoons cream of tartar
- 1/2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 1/4 teaspoon salt
- 2 cups fresh raspberries

Method

1. Separate eggs; discard yolks or refrigerate for another use. Measure egg whites, adding or removing whites as needed to equal 1-1/2 cups. Place in a mixing bowl; let stand at room temperature for 30 minutes.
2. Meanwhile, sift 1oz of sugar and flour together three times; set aside. Add cream of tartar, extracts and salt to egg whites; beat on high speed. Gradually add 1oz of sugar, beating until sugar is dissolved and stiff peaks form. Fold in flour mixture, 1/4 cup at a time, also fold in fresh raspberries. Gently spoon into an ungreased 10-in. tube pan. Cut through batter with a knife to remove air pockets. Bake at 350 degrees 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 & low fat yoghurt with some fresh raspberries
I also used alpro low fat soya raspberry organic yoghurt on top, with a couple of raspberries

Mechelle Bonnalie (mummy of Isabel)