



LEMON LOAF

INGREDIENTS

1 cup all purpose flour
1/2 teaspoon baking soda
2 tablespoons lemon zest
4 eggs
1/2 cup white sugar
1/2 cup Splenda®
1/2 cup extra virgin olive oil
6 tablespoons lemon juice
1 teaspoon vanilla

PREPARATION: 10 MINUTES

COOKING: 1 HOUR

12 SERVINGS

Nutrient Analysis

PER SERVING

1/12 of recipe

Renal exchange:

1 Starch

Calories	187Kcal
Protein	3g
Carbohydrates	19g
Fibre	0.4g
Total Fat	11g
Saturated Fat	2g
Cholesterol	57mg
Sodium	73mg
Potassium	41mg
Phosphorus	33mg

PREPARATION

- 1 Preheat oven to 350° F (conventional oven).
- 2 Sift together the dry ingredients: flour, baking powder and add the lemon zest.
- 3 In a separate bowl, prepare the egg mixture. Whisk together eggs, sugar, Splenda®, olive oil, lemon juice, and vanilla.
- 4 Add dry ingredients to egg mixture and fold them together with a spoon.
- 5 Pour batter into a non-stick loaf pan (4" x 8") and bake for approximately 1 hour or until the cake springs back when touched.

Tips

This cake is excellent as a snack.

You can freeze individual slices by wrapping them in plastic wrap.

*The loaf is also good for a plated dessert by topping a slice of cake with 1 tablespoon of **Cool Whip®** and a handful of summer berries.*