

FESTIVE STRAWBERRY ANGEL CUPCAKES



PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

MAKES 16 CUPCAKES
OR ONE CAKE

Nutrient Analysis

PER SERVING

1 cupcake or 1/16 of a cake

Renal exchange:

1 Starch

Calories	134Kcal
Protein	3g
Carbohydrates	18g
Fibre	.5g
Total Fat	6g
Saturated Fat	3g
Cholesterol	20mg
Sodium	32mg
Potassium	60mg
Phosphorus	23mg

INGREDIENTS

1 cup egg whites

1/2 cup white sugar*

1 tablespoon lemon zest

1/2 teaspoon vanilla extract

3/4 cup icing sugar, sifted

3/4 cup cake and pastry flour, sifted

GARNISH

**2 cups whipped cream
(or 2 cups Cool Whip®)**

**16 strawberries, washed,
stemmed and sliced**

** To lower the carbohydrate content you can use a sugar substitute such as Splenda®.*

Tips

Cupcakes can be stored in the freezer for future use.

Place them in zip-top freezer bags.

Garnish them after defrosting.

PREPARATION

- 1** Preheat oven to 350° F and line the muffin tins with paper cups.
- 2** In a clean mixing bowl, whip the egg whites until frothy. Slowly add the white sugar and continue to whip until peaks form. Mix in the lemon zest and vanilla extract.
- 3** Carefully fold in the sifted icing sugar and cake flour. Do not over mix.
- 4** Pour the angel food cake mixture into the lined muffin tins and bake for approximately 25 minutes or until cupcakes become firm and golden.
- 5** Once the cupcakes have cooled, place them in the refrigerator. Garnish each cupcake with a sliced strawberries and whipped cream before serving.

Notes: This recipe can be made into a celebration cake. To prepare the angel food cake, pour the cake mixture into an ungreased tube pan. Bake for approximately 45 minutes at 350° F. Insert a wooden skewer halfway between the inner and outer wall to check for doneness. The skewer should come out dry.

Let the cake cool in the pan by placing pan upside down. Once it has cooled, remove from pan, frost with whipped cream and decorate with strawberries.