

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

12 SERVINGS

ALMOND CAKE

INGREDIENTS

¾ cup ground almonds

½ cup all-purpose flour

¼ teaspoon baking soda

½ teaspoon cream of tartar

½ cup sugar

¼ cup unsalted butter, softened

2 tablespoons canola oil

3 eggs

1 teaspoon almond extract

¼ cup Greek vanilla yogurt

2 tablespoons sliced almonds

Garnish

¾ cup Greek vanilla yogurt

¾ cup sliced almonds



PREPARATION

- 1 Preheat oven to 350°F (180°C).
- 2 Line an 8 inch (20 cm) spring form baking pan with parchment paper.
- 3 In a medium bowl, mix ground almonds, flour, baking soda, and cream of tartar. Set aside.
- 4 In another bowl, with an electric mixer on medium speed, cream sugar, softened butter, and oil (1–2 minutes). Add the eggs, one by one, and mix until the dough is smooth. Add almond extract.
- 5 Mixing at lower speed, incorporate the dry ingredients from step 4 alternately with yogurt until the dough is smooth and homogeneous. Pour the batter into the pan. Sprinkle 2 tablespoons sliced almonds on top.
- 6 Bake for approximately 30 minutes or until a knife inserted in the middle comes out clean. Let cool.
- 7 Remove from the pan and serve each slice with 1 tablespoon yogurt and 1 tablespoon sliced almonds.

Note: You can add a touch of coffee taste to this recipe by dissolving 2 tablespoons instant coffee in 1 tablespoon water and adding it to the dough in step 4, together with almond extract.

Nutrient Analysis

PER SERVING:

½ of recipe

RENAL EXCHANGE:

1 Protein + ½ Starch

Calories	224 Kcal
Protein	7 g
Carbohydrates	18 g
Fibre	2 g
Sugars	11 g
Total Fat	14 g
Saturated Fat	4 g
Cholesterol	60 mg
Sodium	50 mg
Potassium	166 mg
Phosphorus	118 mg