

Sponge Cake

Ingredients:

5 eggs, separated

1/2 tsp salt

1/2 tsp cream of tartar

1 cup XyloSweet xylitol, divided

1.5 tsps grated lemon zest

1.5 TBS freshly squeezed lemon juice

2 TBS water

3/4 cup plus 2 TBS whole wheat pastry flour

Combine Xylitol Recipes Ingredients: In a large mixing bowl, beat egg whites and salt until foamy. Add cream of tartar and continue beating until soft peaks form. Gradually beat 1/2 cup xylitol into egg whites, and beat until peaks are stiff, but not dry; set aside. In separate bowl, beat egg yolks until well blended. Gradually beat remaining 1/2 cup of xylitol into egg yolks. Combine lemon zest, lemon juice and water; gradually add to egg yolks, and beat until light and fluffy. Fold flour into egg yolk mixture with a spatula until all ingredients are just blended, then fold this mixture into beaten egg whites until no streaks of yellow or white are visible. Spoon into ungreased tube pan and gently smooth top of batter. Bake at 350 degrees for 30-35 minutes or until toothpick inserted in center comes out clean. After removing cake from oven, immediately invert cake onto funnel or bottle, and allow it to cool completely before turning it right side up again. Remove from pan; slice with serrated knife.

Yield: 16 servings.

Per serving: Calories: 66.98 Carbs: 14.6g Fiber: 0.5g Fat: 1.6g Sodium: 94.7g Net Carbs: 3.6g