



Healthy Eating & Weight Loss

Raspberry Chocolate Angel Food Cake

- Vegetable oil cooking spray
- 8 large egg whites
- 1 tsp cream of tartar
- 1/4 tsp salt
- 1 cup sugar
- 1 and 1/4 tsp vanilla extract
- 3/4 cup all purpose flour

Filling:

- 1/2 cup seedless raspberry preserves

Frosting:

- 6 oz semisweet chocolate chips
- 3/4 cup sour cream
- 1/2 pint fresh raspberries

Heat oven to 350 degrees. Coat bottom (not sides) or a 9x13 baking pan with cooking spray. Beat egg whites, 1 Tbsp water, cream of tartar and salt in a bowl with an electric mixer on medium-low speed until foamy. Continue to beat, adding sugar a little at a time until batter is fluffy. Add vanilla and beat 1 minute more. Sprinkle a small amount of flour over top of batter and fold in. Repeat 8-10 times until you have incorporated all of the flour. Spread batter in pan, spreading into corners with a rubber spatula. Shake pan once or twice to even out the surface. Bake until cake is a light golden color and surface springs back gently to the touch. (around 25-30 minutes)

Run a sharp knife around edges of cake to separate it from pan. Cool on a rack 2 hours. Heat berry preserve in a small pan over medium heat, stirring constantly until it reaches a gentle simmer. Melt chocolate in a double boiler. Take bowl off heat and stir in sour cream.

Place a cutting board over cake pan and invert cake onto board. With a round biscuit cutter (2 1/2 inch) or a round cookie cutter, cut 12 rounds from cake. Top 6 rounds with 1 heaping tbsp of the raspberry preserves. Place the remaining rounds on each round to cover the preserve. Spread frosting over top and sides. Top with fresh berries.

303 calories per serving, 6 g protein

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