



LOW CARB ANGEL FOOD CAKE BARS

High Protein / Low-Carb

Recipe by Debbie (@deb.makes.lowcarb.delish) and featured on MariGoldFoods.com

INGREDIENTS:

- 12 egg whites
- 1 tsp cream of tartar
- ½ cup monkfruit sweetener
- 1 cup MariGold Creamy Vanilla Whey Isolate
- 2/3 cup @grainfreeplanet Multi-Use Bakery Mix (If you don't have this, you can make your own - see notes below)

Toppings:

- Macerated strawberries
- Sweetened whipped cream
- Fresh blueberries



Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldBars.com)

DIRECTIONS:

1. Preheat your oven to 325°F. Line a 9x13 inch cake pan with parchment paper. Do not grease the pan.
2. Sift the bakery mix and vanilla protein into a medium bowl and set aside.
3. In a large mixing bowl, whip the egg whites and cream of tartar until frothy. Gradually add the sweetener while continuing to whip until stiff peaks form.
4. Gently fold in the protein mixture, being careful not to deflate the egg whites.
5. Pour the batter into the prepared cake pan, filling it to the top. Bake for 35-40 minutes, or until the top of the cake turns golden brown. Let the cake cool in the pan; it will deflate slightly as it cools.

To Make Macerated Strawberries:

1. In a medium bowl, combine the strawberries and sweetener, stirring until all the berries are coated.
2. Cover and refrigerate for at least 30 minutes. The longer they sit, the juicier they will become. Alternatively, to speed up the process, simmer the mixture on the stovetop for a few minutes and then let it cool.

Make your own bakery mix: Combine 1 cup almond flour, 1/2 cup coconut flour, 1/2 cup tapioca starch (or arrowroot powder), 1/4 cup flaxseed meal (optional) - this amount will have leftovers for other recipes!

