



LOW CARB PROTEIN ANGEL FOOD CAKE

Protein-Packed / Low Calorie / Low Carb

Recipe by Katie (@cookingkatielady) and featured on MariGoldBars.com

INGREDIENTS:

Cake:

- 21 tbsp liquid egg whites (or 7 egg whites)
- 1 tsp cream of tartar
- 1 tsp vanilla extract
- 2 tsp stevia
- 1 Scoop (15g) MariGold Creamy Vanilla Whey Isolate Protein Powder

Cream Cheese Frosting:

- 8 oz. cream cheese
- 1/2 cup plain nonfat Greek yogurt
- 1/2 pkg sugar-free cheesecake Jello pudding mix
- 1 tsp confectioners sugar substitute
- 1/4 cup unsweetened vanilla almond milk

Topping:

- Sliced strawberries (optional)



DIRECTIONS:

For the Angel Food Cake:

1. Preheat oven to 315 F. Spray a medium-sized springform cake pan with cooking spray.
2. Add the egg whites, vanilla, and cream of tartar into a medium-sized mixing bowl. Beat with a hand mixer until stiff peaks form.
3. Using a rubber spatula, fold in the protein powder and stevia carefully, as you do not want to deflate the egg whites.
4. Place your egg white cake batter in a standard-sized cake pan and bake for 20 minutes.
5. Let the cake cool, then place in the fridge for 30 min or so. The cake will deflate slightly.

For the Cream Cheese Frosting:

1. In a small mixing bowl, add cream cheese, sweetener, pudding mix, Greek yogurt, and almond milk. Mix with a hand mixer until combined. Keep cool until your cake is ready to be frosted.

To Assemble the Cake:

1. Place cake carefully on the surface you plan to serve it or just keep it on the bottom of your cake pan like I did.
2. Using a rubber spatula, carefully frost the cake. The cake is very fragile so be careful!
3. Top with fresh strawberries if desired. Slice into 8 slices and enjoy!

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



Macros (per slice) - Info provided by
Katie (@cookingkatielady)

Calories: 84
Fat: 4.6g
Carbs: 3.6g
Protein: 6.3g