

Keto Angel Food Cake



Maria Emmerich's Recipe:

Ingredients

12 egg whites

2 tsp cream of tartar

1 pinch salt

1 cup egg white strawberry protein powder (or vanilla or chocolate)

1 cup Swerve confectioners' sweetener (or powdered erythritol)

1 tsp strawberry extract (or other extract)

Instructions

Preheat oven to 350 degrees F (175 degrees C).

Sift protein and confectioners erythritol together and set aside.

In a large clean bowl, (click [HERE](#) for the best Stand Mixer) whip egg whites with a pinch of salt until foamy (save the yolks for "healthified" creme brule, "healthified" coconut custard, OR "healthified" ice cream).

Add cream of tartar and continue to beat until very stiff (you

will be able to put bowl upside down and the whites won't fall out).

Add your favorite extract flavor.

Quickly fold in protein mixture.

Pour into a greased 10 inch tube pan. Bake at 350 degrees F (175 degrees C) for 45 minutes.

OPTION: Serve in Push Pop Molds with fresh whipping cream and strawberries.

It also makes great FRENCH TOAST (see below for directions) and Strawberry Shortcake (click [HERE](#)).

Notes

NUTRITIONAL COMPARISON (per serving)

Traditional Angel Food = 159 calories, 0.7g fat, 5.5g fiber, 35g carbs, 0.2g fiber

"Healthified" Angel Food = 54 calories, 0.7g fat, 11.1g protein, 0.9g carbs, trace fiber