

Whole-Wheat Angel Food Cake

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Ingredients:

- 1 3/4 cups egg whites (about 12-14 large eggs)
- 1/2 cup sifted cake flour
- 1/2 cup whole-wheat flour
- 1 1/2 cups granulated sugar, divided
- 3/4 tsp. salt
- 1 1/2 tsp. cream of tartar
- 1 tsp. vanilla
- 1/4 tsp. nutmeg

<http://www.ext.nodak.edu/extnews/newsrelease/2004/093004/03prairi.htm>

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Directions:

- In large bowl, let egg whites warm to room temperature, about 1 hour. Sift cake flour, whole-wheat flour and 3/4 cup sugar together. Repeat process 3 times; set aside. Beat whites, salt and cream of tartar at high speed until soft peaks form. Add remaining 3/4 cup sugar, a tablespoon at a time, to egg white mixture, beating well after each addition. Continue beating until stiff peaks form. With rubber spatula, gently fold vanilla and nutmeg into egg white mixture until combined. Sift a quarter of the flour mixture over the egg white. Gently fold in with 15 under-and-over strokes. Repeat, rotating bowl a quarter of a turn after each addition. After last addition, use 10-20 extra folding strokes. Flour mixture should be blended into egg whites. Spread batter into ungreased 9- or 10-inch tube pan. Cut through batter with spatula to release air bubbles. Bake in preheated 375-degree oven for 30 to 40 minutes or until toothpick inserted in cake comes out clean. Invert pan over neck of bottle; let cool in pan completely. With spatula, carefully loosen cake from pan and remove.

Makes 16 servings. Each serving has 100 calories, 20 grams of carbohydrate, 3 grams of protein, no fat and 170 milligrams of sodium.

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