

Light Angel Food Cake

Grind: 3/4 Cup wheat in **NUTRIMILL** on fine setting.

Stir: Until thoroughly mixed in a small bowl and set aside:

3/4 Cup whole wheat flour
1/4 Cup corn starch
1 1/4 Cups powdered sugar

12 large egg whites
1/2 Teaspoon salt
1 1/2 Teaspoons cream of tartar
1 Cup powdered sugar
1 Teaspoon vanilla or almond extract

Separate: Egg whites from egg yolks, being sure there is no yoke in the whites.

Add: To egg whites, salt and cream of tartar. Whip on high speed until whites will stand in peaks.

Switch: To low speed. Gradually add 1 cup powdered sugar and flavoring.

Stop: The mixer and sprinkle in 1/3 of the flour mixture. Lightly blend again using the momentary switch. Do not thoroughly blend. Add the remaining flour mixture and blend only until mixed.

Pour: Into angel food cake pan and bake 30 to 35 minutes at 375°

Invert pan to cool.

Kitchen Resource

180 West 500 North North Salt Lake, UT 84054 801-383-1920 fax 801-383-1941