



Angel Food Cake

Angel food cake is a simple dessert to make that is light and delicate. This cake can be topped with any fruit, jam, whipped cream, or chocolate to accommodate anyone's tastes. Cream of tartar stabilizes the beaten egg whites- don't skip this ingredient!

Yield: 12 servings

Serving Size: 1 slice (1/12 of cake)

Ingredients:

- 12 large egg whites (about 1 1/2 cups)
- 1 teaspoon cream of tartar*
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup flour, sifted

Instructions:

1. Preheat the oven to 325 °F. In a large mixing bowl, beat the egg whites until they are foamy.
2. Add the cream of tartar and beat until stiff, but not dry. Gradually beat in the sugar
3. Add the vanilla and salt and then gently fold in the flour.
4. Pour the mix into an angel food tubular pan (10 inches) and bake for 1 hour and 15 minutes, or until the top is nicely browned.

CHEF TIPS: Adding fruit as a topping increases the content of fiber, vitamins, and antioxidants! Plus, it adds delicious sweetness and texture.

- Cream of tartar can be found in the spice aisle of all supermarkets.

Per serving: Calories 153 kcal, Carbohydrates 33 g, Protein 4g, Sat Fat 0g, Sodium 104mg, Added Sugars 25g

This recipe was taken from <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/angel-food-cake>

