



VANILLA CREAM CAKES

	Ingredients	Exchanges
Heavy cream	40 gm heavy cream	
Protein	10.6 gm NOW Real Foods® almond flour	2 (-3 gm fat)
	16.5 gm raw egg	1.1 (-1.1 gm fat)
Fat	15.9 gm canola oil	4 (-4.1 gm)
Carbohydrate	1.4 gm Bob's Red Mill® coconut flour	1
Other	2 gm NOW® psyllium husk powder	
	½ cap full Da Vinci® sugar free vanilla syrup	
	4 gm erythritol	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat the oven to 350°F.
- In a small bowl, combine the raw egg and canola oil.
- Using an electric frother, emulsify together for 2-3 minutes.
- Add the liquid heavy cream and vanilla syrup.
- Froth together for 1 minute until smooth.
- Froth the psyllium husk into the bowl.
- Add the almond flour, coconut flour, and erythritol; stir to combine.
- Grease a silicone mold (small shapes) with nonstick cooking spray.
- Scoop the mixture into each mold dividing evenly.
- Bake for 35-40 minutes until firm and golden brown.
- Allow to cool for 5-10 minutes before removing from the mold.

VARIATIONS

- This recipe can be stored in the freezer for up to 2 months.
- Canola oil can be substituted with other oils such as walnut, macadamia nut, etc.
- Psyllium husk is brand specific to NOW® and can be purchased online or in health food stores. This ingredient is crucial for this recipe to work.
- Electric frother is needed for this recipe and can be purchased online or in kitchen supply stores.