

# Citrus Almond Cake

This cake is not only delicious but also gluten-free and almond-based, making it a perfect fat-burning snack or dessert. It's ideal for entertaining, offering a moist texture that's easy on the waistline. I describe this nutritious and delectable recipe as "moist to the taste and easy on the waist"—a delightful treat you can feel good about!

## Ingredients:

- 2 oranges
- 1 whole egg
- 3 egg whites
- $\frac{3}{4}$  cup sugar free maple syrup
- 2 cups ground raw almonds
- 1 tsp baking soda (Bob's Red Mills® baking soda when possible)

## Method:

1. Wash the oranges and boil them whole (peel and all) for 90 minutes or until soft. Then place whole oranges (peel and all) in a food processor and blend until smooth. Ground raw almonds until you have 2 cups. Then add in blended oranges, eggs, syrup, salt and baking soda until well blended. Pour batter into a lightly greased 9-inch round cake pan.
2. Bake at 375 degrees F for 45 to 50 minutes, or until toothpick stuck in the center comes out clean.

**Serves:** 8

**Approximate nutritional analysis per serving:** 193.6calories (8.2grams of protein, 12.8 grams of carbohydrates, 13.9 grams of fat, 3.6 grams of fiber).



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