



## No Sin Tiramisu

### SPLENDA ANGEL FOOD CAKE

12 egg whites  
1 1/4 cups Splenda  
1 cup almond flour\* (see note)  
1/4 teaspoon salt  
1 1/2 teaspoons cream of tartar  
1 teaspoon pure vanilla extract

### FILLING:

1/3 cup espresso  
1/2 c. nonfat milk  
3 Tbl. Corn Starch  
1/2 c. Splenda (?)  
3 tsp. Vanilla  
1 lb fat free cottage cheese  
Brandy extract

### INSTRUCTIONS:

1. Allow egg whites to stand for an hour in the bowl of an electric mixture.
2. Set oven rack in lower part of oven. Preheat oven to 350 degrees F. Grease the bottom of a standard loaf pan. Line the bottom with parchment paper and grease parchment paper.
3. In a bowl, sift together 1 cup Splenda, almond flour and salt.
4. Beat egg whites with electric mixer until foamy. Add cream of tartar and beat at moderate speed until the mixture forms stiff peaks. Add remaining 1/4 cup Splenda, and continue beating just until egg whites have increased in volume and form fluffy peaks. Beat in vanilla.
5. Add one third of sifted flour mixture over egg whites mixture and fold in gently (but completely) with a spatula. Be careful not to deflate egg whites. Fold in remaining dry ingredients in two to three batches.
6. Slowly, pour batter into lined loaf pan. Bake at 350 degrees F for 40 to 45 minutes. The top should be golden and a knife inserted into the center should come out clean. Cool cake completely.
7. To remove cake from pan, run the tip of a knife along the edge of the loaf pan. Put a plate over the loaf pan and gently flip over so that the top of the cake is resting on the plate. Tap the pan on the sides and top, until cake appears free. Lift pan from cake.
8. Slice cake into 12 pieces using a serrated knife.

\*Note: Almond flour is sold at gourmet grocery stores, like Whole Foods. Sometimes, I like to make my own. Place the amount of almonds you need (in this case, 1 cup) into a food processor. Grind almonds until they have the consistency of flour.