

[Home](#) [Intent Series](#) [About Intent Blog](#) [Intent Shop](#)[Subscribe to RSS](#) 

30 Days Of Healthy Indulgences: Angel Food Layer Cake From Heaven By Brett Blumethal

by [Sheer.balance](#) on [NOVEMBER 21, 2011](#) in [HEALTHY LIVING](#)

By [Brett Blumenthal](#), [Sheer Balance](#)

A slice of this cake will remind you of heaven! I love making this dessert for guests because it is easy, delicious and beautiful. It's also low in fat and offers a bit of protein. It is a great way to end a fun-filled evening with friends...just get ready for lots of compliments.

Ingredients

3/4 c flour or whole-wheat pastry flour

1/4 c cornstarch

1-1/4 c sugar

12 large egg whites – room temperature

1/2 tsp salt

1-1/2 tsp cream of tartar

2 tsp almond extract

1 kiwi – peeled and cut cross-wise into 1/8" slices

1 small banana – cut into 1/8" slices

1/2 c blueberries

1/2 c strawberries – stemmed and cut length wise into 1/8" slices

2-1/2 c TRUWhip™ Topping*

angel food cake pan



Directions:

Cake. Preheat oven to 325°F. Blend whole-wheat flour in food processor until very fine (if using whole-wheat pastry flour, you don't need to do this). Sift together finely-blended flour, three-quarter cup sugar and cornstarch in a bowl. Set aside.

Beat egg whites, salt and cream of tartar until they form soft peaks. Gradually, add remaining one-half cup of sugar and almond extract, and beat until mixed. Gently fold in flour mixture, one-third at a time. Pour into angel food cake pan and bake for one hour or until cake is springy when poked. Remove from oven and invert cake to cool. Allow it to cool completely before removing from pan.

Decoration. Defrost TRUwhip™ in refrigerator for four hours prior to decorating (do not microwave). Once cake is completely cooled from baking, remove from pan and cut in half to create an upper layer and a lower layer.

Using a spatula, evenly apply a layer of TRUwhip™ onto the top of cake's lower layer.

Take a portion of the strawberry slices, blueberries and bananas, and place into TRUwhip™ to create a single layer of fruit. Place upper layer of cake on top. Use rest of TRUwhip™ to evenly coat sides and top of cake. When done, use remainder of kiwi, strawberries, blueberries and banana to decorate cake on the top and sides, creating a beautiful, colorful and tasty dessert.

Store any unused portion in a sealed container and refrigerate.

Makes 12 servings

** TRUwhip™ is an all natural whipped topping that has zero trans fats, no hydrogenated oils and no GMOs, making it a better product than other whipped toppings.*

Brett Blumenthal is the founder of health and wellness website Sheer Balance (www.sheerbalance.com). This recipe is taken from her Amazon best-selling book "Get Real" and STOP Dieting!

*From November 15 through December 14, Intentblog is launching its first-ever **30 Days of Healthy Indulgences**, where every day for 30 days we are inviting bloggers from all over the health and wellness space to contribute their favorite healthy indulgent recipe in time for the holiday season. Please keep checking back for more recipes!*

Please Share:



About sheer.balance

Founded by Brett Blumenthal, **Sheer Balance** is an online media company geared towards simplifying healthy, balanced living for individuals. With a holistic approach in mind, Sheer Balance provides visitors with information on everything they need to know about their physical health (fitness, nutrition and prevention), mental well-being (work and purpose, relationships and stress management) and personal environment (healthy home, healthy products and life choices). Sheer Balance also provides information on beauty and spas and how they fit into a balanced lifestyle.

[View all posts by sheer.balance →](#)