



Strawberry keto cloud cake

Really easy to make and the end result is a bit like gelato with a base. This is originally an Annabel Langbein recipe, but I've swapped the base out for a gluten free, low carb option, and the sugar for stevia. Serves 12. Per serve: Cal: 215; Fat: 19.8g; Pro: 5.9g; Carbs: 2.8g

Serves: 12, Prep time: 00:20, Cook time: 00:00

Instructions

1. Line the base of a 26–28cm spring form cake tin with baking pape paper and grease the sides a little bit. Melt the coconut oil.
2. Put the almond meal, the melted coconut oil, the protein powder, the cinnamon and one teaspoon of the vanilla extract in a bowl or food processor and mix until well combined and, when pressed together, they stick.
3. Press firmly into the base of the prepared tin. Refrigerate the base while you prepare the filling. Chop and hull strawberries.
4. Place egg whites, stevia, sliced strawberries, lemon juice and remaining vanilla in an electric mixer or food processor. Beat on high

Ingredients

- 0.5 cups Coconut oil
- 2 cups Almond meal
- 25 grams Clean Lean Protein powder (vanilla) (1 oz)
- 1 teaspoon Cinammon
- 2 teaspoon Unsweetened vanilla extract
- 2 Egg whites
- 2 cups Strawberries, ripe
- 0.5 cups Equal Natural Sweetener (Stevia)
- 1 tablespoon Juice, lemon

speed or mix for about six to eight minutes until the mixture is very thick and fluffy and the stevia has dissolved. To test whether it is ready, rub a bit of the mixture between your fingers. You should not feel any grittiness.

5. Spoon the filling over the chilled base, smooth the top, cover with a sheet of baking paper and freeze for at least four hours. The cake will keep in an airtight container in the freezer for up to a month. Serve covered in fresh raspberries.