

# Light Angel Food Cake

**Grind:** 3/4 Cup wheat in Whisper Mill on fine setting.

**Stir:** Until thoroughly mixed in a small bowl and set aside:

3/4 Cup whole wheat flour

1/4 Cup corn starch

1 1/4 Cups powdered sugar

12 large egg whites

1/2 Teaspoon salt

1 1/2 Teaspoons cream of tartar

1 Cup powdered sugar

1 Teaspoon vanilla or almond extract

**Separate:** Egg whites from egg yolks, being sure there is no yoke in the whites.

**Add:** To egg whites, salt and cream of tartar. Whip on high speed until whites will stand in peaks.

**Switch:** To low speed. Gradually add 1 cup powdered sugar and flavoring.

**Stop:** The mixer and sprinkle in 1/3 of the flour mixture. Lightly blend again using the momentary switch. Do not thoroughly blend. Add the remaining flour mixture and blend only until mixed.

**Pour:** Into angel food cake pan and bake 30 to 35 minutes at 375°  
Invert pan to cool.

**HEALTHYKITCHENS.COM**  
**1-888-735-1044**