

## How to make a lighter layer cake

November 5 2019, by Len Canter

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Want to have your cake and eat nutritiously, too? You can do both if you lighten up your baking.

The typical buttery layer [cake](#) may taste good, but its main ingredient is white flour, which is basically devoid of nutrition. Using almonds and coconut in place of flour packs in nutrients like fiber, vitamins E, biotin and B2. You get to savor a rich-tasting cake that delivers nutrition in every bite. Eat it plain or glaze it with jam as described in the recipe to keep calories low. But even if you frost it, you'll have a healthier slice than traditional cakes.

### **Lighter Layer Cake**

- Cooking spray
- 2 cups whole almonds
- 3/4 cup unsweetened, shredded coconut
- 2 teaspoons baking soda
- Pinch of salt
- 1/2 cup butter (1 stick), softened
- 3/4 cup granulated sugar
- 3 eggs
- 1/4 cup skim milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon [almond](#) extract
- 1 cup sugar-free or low-sugar jam in the fruit of your choice
- 1 tablespoon confectioners sugar

Preheat oven to 350 degrees. Coat two 8-inch round cake pans with cooking spray.

Place almonds, coconut, baking soda and salt in a food processor and process until a fine meal forms.

Place butter and sugar in a large mixing bowl and beat on high with an electric mixer until fluffy, about 2 minutes. Beat in the eggs one at a

time until combined. Beat in the milk and extracts, and then gently fold in the nut meal.

Divide batter evenly between the two prepared cake pans and bake 25 to 30 minutes until cakes are firm to the touch in the center. Cool 5 minutes before turning out onto a wire rack to cool completely.

Spread the jam over one layer, top with the second layer and then sprinkle with confectioners [sugar](#). Note: If you want to eat the cake plain, cut each [layer](#) separately into wedges.

Yield: 8 to 12 servings

**More information:** The American Heart Association has more [dessert recipes](#) with a lighter touch.

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Citation: How to make a lighter layer cake (2019, November 5) retrieved 24 April 2024 from <https://medicalxpress.com/news/2019-11-lighter-layer-cake.html>

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