

**healthy body**



**healthy mind**

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### Low carb Orange and almond cake

Grated zest of 1 orange  
200g Carrots  
45g of Truvia natural sweetener  
4 separated eggs  
1-2 Tbsp. orange juice  
150g ground almonds  
½ Tsp. Vanilla extract  
Greaseproof paper

#### Method

Pre heat the oven to 160c. Line an 8 inch tin with greaseproof paper.

Place egg whites into one bowl and egg yolks in the other.

Peel, boil and allow the carrots to cool before blending with the orange juice. Add sugar to the bowl with the egg yolks and beat till mixture thickens.

Grate the zest of the orange directly into the bowl. Add ground almond and vanilla extract.

Using an electric whisk, beat whites till they form stiff peaks.

Fold in the beaten egg whites into this mixture.

Pour mixture into the prepared tin and bake for half an hour. Test with a skewer. If it comes out clean, it is done. Cover cake with foil or greaseproof paper if you think the top is burning and the cake is still not done.

Remove from the oven and cool, on a rack. When cake is cold, you will find it easy to remove it from the tin.

Great served with low fat Greek yogurt or crème fraiche.