

## Whole Grain Berry Cake



King Arthur Flour and Cynthia Harriman

*The **King Arthur Flour Company** shared this wonderful cake recipe with us. They served it as a trifle, using vanilla yogurt, but we used firmer Greek yogurt, to create a dessert inspired by strawberry shortcake, using mixed raspberries and blackberries from the back yard.*

### INGREDIENTS

#### For the Cake

3 large eggs, room temp  
¼ tsp. salt  
½ cup sugar (divided)  
¼ cup milk  
½ tsp. vanilla extract  
½ tsp. almond extract  
¾ cup white whole wheat flour  
½ tsp. baking powder

#### For the Berries

1 quart strawberries or mixed berries  
1 tsp. sugar

#### For the Cream

2 oz. whipping cream  
6 oz. Greek yogurt  
Sugar, to taste

### INSTRUCTIONS

1. Wash berries, and slice if large. Add sugar. Set aside for a few hours, so they'll get really juicy.
2. Preheat oven to 325°F. Separate the egg whites and yolks – whites into medium bowl, yolks into big bowl – and let them come to room temperature.
3. *Whites + salt + 1/2 sugar:* Beat the whites with the salt until they've peaked, then gradually beat in half the sugar. Set them aside.
4. *Yolks + ½ sugar + milk + extracts.* Without cleaning your beaters, beat the yolks with the remaining sugar until they're thick and light yellow. Blend in the milk, vanilla and almond extracts.
5. *Flour + Baking Powder.* In a small bowl, mix the flour with the baking powder.
6. With a whisk, blend the dry ingredients into the egg yolks, then fold in the egg whites.
7. Divide this mixture into two greased 8-inch cake pans. Note: grease pans, line with wax paper, grease again liberally as this low-fat cake likes to stick.
8. Bake for 30 to 35 minutes. Cool on a wire rack briefly, remove from pans and continue to cool.

**To Assemble** (at least an hour before serving, so juices penetrate:

1. Put one layer on a plate. Cover with "cream" and strawberries.
2. Do the same thing with the second layer.
3. When you serve the cake, use up any leftover fruit and "cream" on each serving.

*When berry season is over, this cake is equally good with peaches or other stone fruit.*

Nutrition facts per serving: Calories: 190, Total Fat: 6 g, (Saturated Fat: 3 g), Sodium: 160 mg, Carbohydrate: 29 g, Fiber: 3 g, Protein: 7 g.

**makes:** 6-8 servings