

# Angel Food Cake

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You'd never guess it, but this is definitely a Whole Grain Angel Food Cake!

This recipe is from the Nutrimill Owner's Manual.

It's also one of the favorite family gathering desserts!

If you haven't tried the Bosch Flour Sifter, this is the perfect recipe to break it in! but if you don't have one, it is still amazingly delicious!

Combine in a small bowl & set aside:

- $\frac{3}{4}$  cup *sifted* (soaked & dehydrated) pastry wheat or all purpose mix (spelt, rice, barley)
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup cornstarch or arrowroot
- 1 cup powdered sugar\*

In Bosch bowl, whip on speed 4 with wire whips until peaks form:

- 12 egg whites (room temp is best, no yolks)
- $1\frac{1}{2}$  teaspoon cream of tartar

Turn Bosch to speed 1, gradually add:

- 1 cup powdered sugar\*
- 1 teaspoon vanilla powder
- 1 teaspoon almond extract or powder

Stop mixer and sprinkle  $\frac{1}{3}$  of flour mixture. Blend for just a second. Add second  $\frac{1}{3}$  of flour mixture. Blend slightly. Add last of the flour mixture and blend only until thoroughly mixed. Pour into ungreased angel food pan and bake 30–35 minutes at  $375^{\circ}$ . Invert pan for an hour to cool.

\*Make your own powdered sugar with our evaporated cane sugar ~ pour 1 cup of our sugar into your Bosch Blender & process about 4 minutes until the granules become powder. Let the blender sit for a minute before lifting the lid. Pour into a jar & let rest several days, the metallic odor dissipates after a few days!