

Smurf Cakes (2 per serving)

Ingredients:

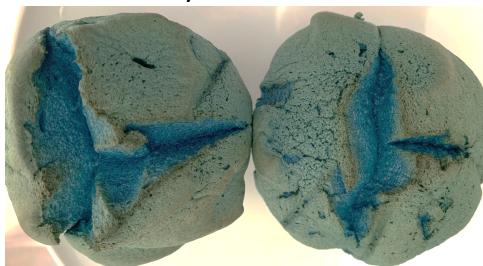
- 3 large eggs egg whites (100 mL/99 gr; 51 cal)
- $\frac{1}{2}$ tsp cream of tartar
- 1 Tbsp Sugar (45 cal)
- 2 Tbsp Smuckers Seedless Raspberry Jam (or any other flavor w/ 50 calories per Tbsp; 100 cal)
- 2 Tbsp King Arthur Gluten-Free ‘Measure for measure’ Flour (50 cal)
- 1 $\frac{1}{2}$ tsp soy or whey protein (10 cal)
- 1 tsp McCormick blue food coloring

Instructions:

- Pre-heat oven to 350 F
- Use electric beaters to beat egg whites with cream of tartar and sugar for 1 minute or until soft peaks form
- Add 2 Tbsp jam and continue to beat for 30 seconds
- Add flour 1 Tbsp at a time and beat for a full minute after each addition
- Add protein powder and beat until incorporated
- Line muffin tins with parchment paper and fill two of these with batter



- Cook 30 minutes or until kitchen thermometer inserted into the cake reads 206 F.
- Cool slowly.



Nutritional Components (cal/component):

	Egg white	Sugar	Jam	Flour	Protein powder	Butter/oil	Totals
Carbs		45	100	38.7			183.7
Protein	51			1.6	10		62.6
Fat						5.1	5.1
Fiber				3.2			3.2
Total							254.6