



Vanilla Snack Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 30 grams cake flour
- ☐ 66 grams granulated sugar
- ☐ 4 egg whites
- ☐ 4 egg yolk
- ☐ 2 tablespoons honey
- ☐ 1 cup round cake
- ☐ 2 tablespoons safflower oil

- ☐ 0.5 teaspoon salt
- ☐ 90 grams flour white all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 2 ounces water

Equipment

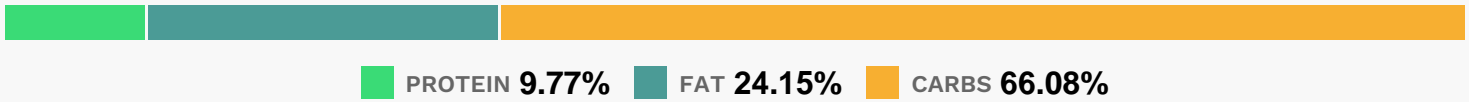
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers
- ☐ chopsticks

Directions

- ☐ Preheat the oven to 350°F and lightly grease a canoe-style snack cake pan. If you don't have a snack cake pan, you can use 4-ounce loaf pans. Alternatively, create your own molds out of foil by shaping double thicknesses of aluminum foil around a spice bottle and setting the individual foil pieces next to each other in a cake pan.
- ☐ Sift the spelt flour, ground millet flour, baking powder, and salt together and set aside.
- ☐ In a dry mixer bowl with dry beaters, beat the egg whites until stiff, about 2 minutes.
- ☐ Transfer the beaten egg whites to a clean bowl and set aside.
- ☐ In the same mixer bowl, add the sugar, honey, water, oil, egg yolks, and vanilla and beat for 1 minute.
- ☐ Add the flour mixture and beat until smooth, about 2 minutes. Fold in half of the beaten egg whites; once the first half is fully incorporated, fold in the second half.
- ☐ Pour the batter into the prepared molds, filling them 2/3 of the way full.

- ☐ Bake until golden, 15 to 20 minutes, rotating the pans halfway through baking. Cool the cakes in the pan for at least 20 minutes, then remove to a wire rack and cool completely before filling with the Snack Cake Crème.
- ☐ To fill the cakes, use a skewer or chopstick to poke 2 holes partially through the snack cake from the bottom, and wiggle around to hollow out some space. Use a piping bag fitted with a Bismarck (#23
- ☐ tip or a very small star-shaped tip to fill the cake with the Snack Cake Crème.
- ☐ To make raspberry snack cakes, make the snack cakes as directed. Coat each filled snack cake with raspberry jam and dust with shredded coconut. They will be sticky and delicious.
- ☐ Or for Chocolate-Coated Snack Cakes, try dipping your snack cakes in melted chocolate.
- ☐ For gluten-free Vanilla Snack Cakes, replace the white spelt flour with an equal amount of gluten-free all-purpose baking mix.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:16.11, Inflammation Score:-2, Nutrition Score:6.4013043459829%

Nutrients (% of daily need)

Calories: 257.4kcal (12.87%), Fat: 6.91g (10.63%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 41.97g (15.26%), Sugar: 23.66g (26.29%), Cholesterol: 127.36mg (42.45%), Sodium: 412.8mg (17.95%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 6.29g (12.58%), Selenium: 16.13µg (23.04%), Vitamin B2: 0.25mg (14.99%), Folate: 49.57µg (12.39%), Vitamin B1: 0.18mg (11.98%), Phosphorus: 104.85mg (10.48%), Vitamin E: 1.52mg (10.12%), Iron: 1.7mg (9.45%), Manganese: 0.18mg (9.06%), Calcium: 65.75mg (6.57%), Vitamin B3: 1.3mg (6.49%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.26µg (4.33%), Vitamin D: 0.55µg (3.63%), Vitamin A: 175.4IU (3.51%), Zinc: 0.49mg (3.25%), Copper: 0.06mg (2.79%), Vitamin B6: 0.06mg (2.77%), Potassium: 83.09mg (2.37%), Magnesium: 9.14mg (2.29%), Fiber: 0.55g (2.21%)