

INGREDIENTS:

- ☐ ½ cup sugar
- ☐ 2 eggs, separated
- ☐ Juice of 1 orange, strained (½ cup)
- ☐ ¾ cup finely ground almonds
- ☐ ¾ cup flour

INSTRUCTIONS: Preheat oven to 325°. Grease an 8-inch cake pan and line with baker's parchment.

Beat together the sugar and egg yolks until the mixture becomes pale and thick. Gradually beat in the orange juice. Combine the ground almonds and flour; sprinkle over the egg yolk mixture and fold in.

Beat the egg whites until stiff peaks form, then fold them into the batter. Pour into the prepared pan and bake for 30 minutes.

Unmold on a rack and let cool completely.

Serves 6 to 8.

PER SERVING: 210 calories, 6 g protein, 26 g carbohydrate, 10 g fat (1 g saturated), 53 mg cholesterol, 19 mg sodium, 2 g fiber.