Orange polenta cake

Preparation time

10

Cooking time

45

Serves

12

Recipe courtesy of

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Almond Board of Australia



Ingredients Method Nutrition

60g reduced fat margarine

1 cup (220g) castor sugar

1 tsp vanilla essence

2 eggs

4 egg whites

200g gluten-free low-fat vanilla yoghurt

1 cup (150g) polenta

1/2 cup (40g) desiccated coconut

4 tsp grated orange rind

1/3 cup (80ml) orange juice

1. In a medium bowl, cream margarine, sugar, and vanilla essence with an electric beater.
2. Add eggs and egg whites, one at a time, continue beating between additions.
3. Add yoghurt, polenta, coconut, orange rind and juice. Beat well for further 2 minutes.
4. Pour into greased ring pan.
5. Bake in moderate oven at 160°C for 40 to 50 minutes or until golden brown.

Nutritional information is provided per serve

Engery	840kJ (201 calories)
Protein	4.4g
Saturated Fat	3g
Total Fat	6.6g
Carbohydrates	36g
Sugars	20g
Dietary Fibre	1g
Sodium	74mg