

Delicious Cake

Ingredients

- 1/4 cup egg whites
- 1/4 cup Splenda
- 1.5 cup whole wheat flour or quinoa
- 1 tablespoon vanilla extract
- 1/4 cup cocoa powder unsweetened
- 1/2 teaspoon baking powder
- 2 cup milk
- 1/2 teaspoon cinnamon ground
- 1/4 teaspoon nutmeg ground

Instructions

1. Whip egg white and Splenda until fluffy.
2. Mix together baking powder, flour and dry spices.
3. Make a well in the center and pour half the amount of milk and whipped eggs.
4. Cut and fold until the mixture is smooth.
5. Adjust with milk if needs be.
6. Bake at 350 degrees for 30 minutes.



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