

Nutrition Confidence Recipes

Brought to you by ADSA
(Association for Dietetics in South Africa)

Orange & Almond Torte

Recipe by Vanessa Marx, Head Chef at Dear Me

Ingredients

6 free range eggs
200 g xylitol
Zest of 2 oranges
215 g ground almonds
1 tsp baking powder
40 g flaked almonds

Method

- 1 Preheat the oven to 160°C.
- 2 Crack eggs into a bowl & add xylitol.
- 3 Whisk eggs & xylitol until combined.
- 4 Add orange zest, baking powder & almonds & whisk into the egg mixture.
- 5 Grease a 23 cm round cake tin.
- 6 Pour mixture into the cake tin & sprinkle the almonds over the top of the mixture.
- 7 Bake for 20-30 min until golden brown & firm.
- 8 Remove the cake tin from the oven & allow the torte to cool in the tin.
- 9 Once the torte is cool, carefully remove it from the cake tin & place it on a serving plate or platter.
- 10 Serve with low fat yoghurt & fresh orange slices.

Tip Orange zest can be substituted with lemon or other citrus zest like grapefruit or lime. You can also add a teaspoon of ground cinnamon, some almond essence or a handful of poppy seeds!



Photograph by Claire Gunn

Makes 1 whole torte (10 slices)



We love it!

A great flour- & sugar free option for diabetics & individuals avoiding gluten.



Dietitians say...

Eggs are a great source of high-quality protein & the yolk is a source of vitamin A, B, D, iron & zinc.

Xylitol is a natural alcohol found in most fruits & veg. It's a low calorie alternative to sugar with a low glycaemic index; resulting in a slow rise & fall in blood sugar levels.

Almond flour is a nutritious flour substitute, due to its high mono-unsaturated fat & moderate protein content. Almonds are rich in vitamin E, B2, calcium, fibre & magnesium.