

Recipe Name Lemon Olive Oil Cake with Blueberry Sauce**Ingredients:****Cake:**

Oil spray for pan

½ cup fruity olive oil

½ cup + ¼ cup granulated allulose (divided use) {can substitute organic granulated sugar if tolerated}

2 Tbsp. lemon zest

¼ cup fresh lemon juice

4 large eggs, divided

2 cups blanched almond flour

¼ cup tapioca flour

1 tsp. baking powder

½ tsp. salt

½ tsp. cream of tartar

Blueberry Sauce:

1 bag frozen wild blueberries (about 3 cups)

1 tsp. lemon juice

1 Tbsp. maple syrup

3 Tbsp. liquid allulose (can use all maple syrup if sugar is not a problem)

2 Tbsp. water

Pinch of salt

2tsp. organic corn starch or arrowroot powder

Directions

1. Make blueberry sauce: Place berries, lemon juice, sweeteners and salt into a small saucepan and bring to a simmer. In a small glass, mix corn starch/arrowroot powder with 2 Tbsp. of water. Once berries are simmering, add slurry and simmer, mixing occasionally for about 3-4 minutes until thickened slightly. It will thicken further as it cools. Remove from heat and set aside or store in refrigerator for up to a week.
2. Make cake: Preheat oven to 325 degrees. Prepare a 9-inch springform pan (or cake pan) by spraying it with cooking spray. Line the bottom of pan with parchment paper and spray the paper.
3. In a large bowl, whisk together the olive oil, ½ cup granulated allulose, lemon zest and juice and egg yolks to combine. Place a mesh strainer over the top and sift in the almond and tapioca flours, baking powder and salt. Stir to combine.



RECIPE

- Place the egg whites and cream of tartar in the clean bowl of a stand mixer fitted with the whip attachment. Whip on medium high speed until foamy. With the mixer running, gradually add in the remaining $\frac{1}{4}$ cup granulated allulose and continue to whip until the egg whites are shiny and hold firm peaks.
- Fold one-third of the whipped egg whites into the prepared batter, then fold in the rest in two more additions. Scrape the batter into the prepared pan and smooth the top.
- Bake for 35 minutes. Cake should be fully domed, and top will spring back when gently pressed. Let cake cool slightly, then loosen the edges with a small offset spatula or knife and release the sides of the pan. Invert the cake onto a wire rack, peel away the parchment, then turn it right side up and let cool completely. Dust with powdered sugar if you like and cover with blueberry sauce before serving.

Nutrition Facts

Servings: 8

Amount per serving

Calories **273**

% Daily Value*

Total Fat 18.5g **24%**

Saturated Fat 2.9g **14%**

Cholesterol 93mg **31%**

Sodium 44mg **2%**

Total Carbohydrate 22.4g **8%**

Dietary Fiber 2.4g **9%**

Total Sugars 6.7g

Protein 5.1g

Vitamin D 9mcg **44%**

Calcium 15mg **1%**

Iron 1mg **4%**

Potassium 48mg **1%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**