

PREPARATION: 10 MINUTES

BAKING: 1 HOUR

SERVINGS: 12

LEMON LOAF

Nutrient Analysis

PER SERVING: ½ of recipe

RENAL EXCHANGE: 1 Starch + 2 Fat

Calories	180 Kcal	Sodium	78 mg
Protein	3 g	Potassium	44 mg
Total Carbohydrate	18 g	Phosphorus	45 mg
Fiber	0.4 g	Calcium	13 mg
Sugars	10 g	Iron	0.4 mg
Fat	11g	Magnesium	5 mg
Saturated	2g	Vitamin C	3 mg
Cholesterol	62 mg		

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

LEMON LOAF

INGREDIENTS

1 cup all purpose flour

½ teaspoon baking soda

2 tablespoons lemon zest

4 large eggs

½ cup white sugar

½ cup Splenda®

½ cup extra virgin olive oil

6 tablespoons lemon juice

1 teaspoon vanilla



PREPARATION

- 1** Preheat oven to 350°F (conventional oven).
- 2** Sift together the dry ingredients: flour, baking soda and add the lemon zest.
- 3** In a separate bowl, prepare the egg mixture. Whisk together eggs, sugar, Splenda®, olive oil, lemon juice, and vanilla.
- 4** Add dry ingredients to egg mixture and fold them together with a spoon.
- 5** Pour batter into a non-stick loaf pan (4" × 8") and bake for approximately 1 hour or until the cake springs back when touched.

NOTE

- ✓ *This cake is excellent as a snack.*
- ✓ *You can freeze individual slices in plastic wrap.*
- ✓ *The loaf is also good for a plated dessert by topping a slice of cake with 1 tablespoon of Cool Whip® and a handful of summer berries.*

Presented by



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