

ALMOND CAKE

INGREDIENTS

¾ cup ground almonds

½ cup all-purpose flour

¼ teaspoon baking soda

½ teaspoon cream of tartar

½ cup sugar

*¼ cup unsalted butter,
softened*

2 tablespoons canola oil

3 eggs

1 teaspoon almond extract

¼ cup Greek vanilla yogurt

2 tablespoons sliced almonds

Garnish

¾ cup Greek vanilla yogurt

¾ cup sliced almonds

PREPARATION

- 1** Preheat oven to 350°F.
- 2** Line an 8-inch springform or regular pan with parchment paper.
- 3** In a medium bowl, mix ground almonds, flour, baking soda, and cream of tartar. Set aside.
- 4** In another bowl, with an electric mixer on medium speed, cream sugar, softened butter, and oil (1-2 minutes). Add the eggs one by one and mix until smooth. Add almond extract.
- 5** Mixing at low speed, incorporate the dry ingredients alternately with yogurt until the batter is smooth. Pour into the pan and sprinkle sliced almonds on top.
- 6** Bake for about 30 minutes or until a knife inserted in the center comes out clean. Let cool.
- 7** Remove from the pan and serve each slice with 1 tablespoon yogurt and 1 tablespoon sliced almonds.

Note: Add coffee flavor by dissolving 2 tablespoons instant coffee in 1 tablespoon water and mixing it into the batter in step 4 with the almond extract.



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Nutrient Analysis

PER SERVING

1/12 of recipe

Renal/Diabetic Exchanges:

1/2 Meat + 1 Dairy +

1 Carbohydrate + 2 Fat

Calories	217 kcal
Protein	7 g
Total Carbohydrate	17 g
Fiber	2 g
Sugars	11 g
Fat	14 g
Saturated	4 g
Cholesterol	59 mg
Sodium	53 mg
Potassium	163 mg
Phosphorus	117 mg
Calcium	64 mg

Diet Types

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

PHOSPHORUS CHECK ✓

Try a healthy twist on treats

Everyone loves a treat. When carefully chosen, a treat now and then can be part of a healthy diet. Unfortunately, many of the treats we reach for are highly processed foods such as packaged cakes, donuts, muffins, cookies, and dessert bars. These foods contain refined or processed ingredients and typically have higher amounts of saturated fat, added sugar, sodium, and phosphate-type additives with little to no whole foods. These “ultra-processed” foods are usually not kidney-friendly and can contribute to many chronic diseases.

It is understandable why we choose these foods because they are convenient, inexpensive, and tasty. Instead, consider baking at home. When doing your own baking, you can use whole-grain flours and even substitute some of the flour with finely ground nuts to increase nutrition. This change increases the fiber of your treat and lowers the carbohydrate content, which can help control blood glucose when needed. You can usually substitute up to half of the total flour with ground nuts. You can either buy ground nuts or make your own in a food processor. Toasting the nuts first makes them easier to grind while increasing flavor; use the pulse setting so they do not turn into a paste. Other healthy changes include using less salt and sugar in the recipe.

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