

## Flourless Chocolate Cake with Almonds

½ tbls Trans-free margarine or unsalted butter  
2 tbls Unsweetened cocoa powder  
½ cup Blanched almonds                      ½ tsp Almond extract (optional)  
½ cup Sugar                                      2 Egg whites, at room temperature  
8 oz Bittersweet chocolate                ½ tsp Salt  
½ cup Fat-free sour cream  
½ cup Sugar substitute  
2 Egg yolks  
½ tsp Vanilla extract  
Toasted slivered almonds (optional)

**Nutritional Facts:**  
Calories = 150  
Fat= 9g   Sat. Fat = 0g  
Protein = 5g   Carbs = 14g  
Fiber = 1g

### *Instructions:* Preheat the oven to 350 degrees

Generously coat a 9" spring form pan with 2 tsp of the margarine or butter and dust with the cocoa powder. (Don't tap out the excess cocoa; leave it in the pan.)

In a food processor, combine the blanched almonds with 2 tbsp of the sugar. Process until finely ground.

In the top of a double boiler over barely simmering water, melt the chocolate and the remaining 4 tsp butter, stirring occasionally, until smooth. remove from the heat. Place the chocolate mixture in a large bowl. Add the almond mixture, sour cream, sugar substitute, egg yolks, vanilla extract, almond extract (if using), and 1/4 cup of the remaining sugar. Stir until well-blended.

In a large bowl, with an electric mixer on high speed, beat the egg whites and salt until frothy. Gradually add the remaining 2 tbsp sugar, beating until stiff, glossy peaks form. Stir one-quarter of the beaten whites into the chocolate mixture to lighten it. Gently fold in the remaining whites until no white streaks remain. Place in the prepared pan. Gently smooth the top.

Bake for 30 minutes, or until the cake has risen, the top is dry, and a wooden pick inserted in the center come out with a few moist crumbs.

Place the pan on a rack and cool until warm. The cake will fall dramatically. Loosen the edges of the cake with a knife and remove the pan sides. Sprinkle with the toasted almonds.

Source: South Beach Diet Cookbook

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