

Cherry Almond Cake



Here is a comforting dessert that highlights all the freshness of summer cherries. With its moist texture, touch of almond, and delicate lemon aroma, this cherry cake has everything to please. Its combination of fibre, protein, and healthy fats makes it a more satisfying option than a traditional cake, without compromising on taste. For even more delicious and balanced ideas, check out our [Top 10 Healthy Desserts from Our Dietitians](#).

Preparation 10 min

Cooking 40 min

Servings 10

Nutrition Facts (per serving)

Calories 240

Fat 17

Carbohydrates 15

Fibre 3

Protein 7

Sodium 50

Ingredients

- 15 ml (1 tbsp) ground flaxseed
- 15 ml (1 tbsp) water
- 60 ml (¼ cup) margarine
- 60 ml (¼ cup) white sugar

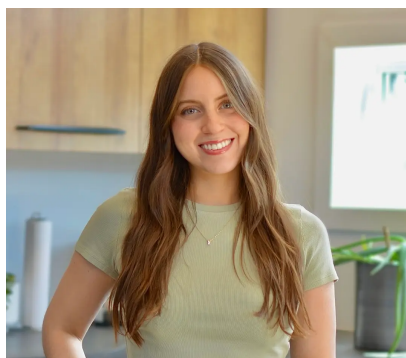
- Zest of 1 lemon (15 ml / 1 tbsp)
- 5 ml (1 tsp) baking powder
- 1 egg
- 5 ml (1 tsp) almond extract
- 250 ml (1 cup) fresh cherries, pitted and halved
- 15 ml (1 tbsp) almond flour
- 30 ml (2 tbsp) sliced natural almonds

Preparation

1. Preheat the oven to 180°C (350°F). Line an 8-inch (20 cm) square pan or a loaf pan with parchment paper.
2. In a small bowl, mix the ground flaxseed and water, then let sit for 5 minutes until the mixture thickens.
3. In a large bowl, cream the margarine and white sugar together until smooth.
4. Stir the flax egg, whole egg, almond extract, and lemon zest into the mixture, then whisk well.
5. Add the almond flour and baking powder, then fold gently with a spatula just until the batter is combined.
6. Gently fold the cherries into the batter.
7. Pour the batter evenly into the pan, then top with the almonds.
8. Bake for 40 minutes, or until the top is golden brown and a toothpick inserted into the centre comes out clean, then let cool slightly before removing from the pan and slicing.

Notes

Keeps for 3 days in the refrigerator in an airtight container.



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