

Poppyseed Lemon Bundt Cake GF

Adapted from: *all day I dream about food blog*, 2019



- 3 cups almond flour
- 1/3 cup whey protein powder, unflavored
- 3 tbsp poppy seeds
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup butter, softened
- 2/3 cup sugar
- 3 large eggs, at room temperature
- Zest of 1 lemon
- 1 tablespoon lemon paste
- 1/2 teaspoon vanilla extract
- 2/3 cup water
- Glaze: (optional)
- 1/3 cup powdered sugar
- a little bit of fresh lemon juice

Per Serving (excluding unknown items): 163 Calories; 10g Fat (52.8% calories from fat); 4g Protein; 16g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 241mg Sodium; 14g Total Sugars; trace Vitamin D; 109mg Calcium; 1mg Iron; 49mg Potassium; 157mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 12

Do grease the Bundt pan, even if you're using a nonstick one. Be generous with the coating.

1. Preheat oven to 325°F. Liberally grease a bundt pan. Make sure you get into all the nook and crannies. Otherwise, bake in a loaf pan and line with parchment paper.
2. In a medium bowl, whisk dry ingredients together: the almond flour, protein powder, poppy seeds, baking powder, and salt. Set aside.
3. In a large bowl, beat the butter with sugar until well combined. Add eggs, scraping down the beaters and the sides of the bowl as needed. Add lemon zest, lemon paste, and vanilla extract.
4. Add half of the almond mixture in until there are no more dry patches, then mix in the water. Add the remaining flour mixture and beat until just combined. Spread the batter into the prepared pan and smooth the top with an offset spatula.
5. Bake 45 to 50 minutes, or until top is deep golden brown and a tester inserted in the center comes out clean. Let cool in pan for 30 minutes, then flip out onto a wire rack to cool completely.
6. *GLAZE*: whisk together the powdered sugar and lemon juice until smooth. If too thin, add a bit more powdered sugar until it's the right pouring consistency. Drizzle glaze over the cooled cake.