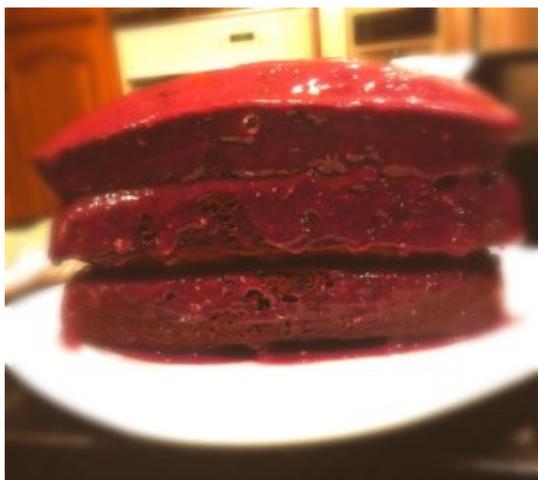


RED VELVET CAKE WITH ROASTED WALNUTS AND DRIED CRANBERRIES TOPPED WITH STRAWBERRY- BLUEBERRY FROSTING



By Food lovers recipes

RED VELVET CAKE WITH ROASTED WALNUTS AND DRIED CRANBERRIES
TOPPED WITH STRAWBERRY-BLUEBERRY FROSTING

3 cups all-purpose flour : 1365 calories

3 cups artificial sweetener : 0 calories

1/2 cup cornstarch : 244 calories

1/2 cup unsweetened cocoa powder : 98 calories

1 tablespoon baking soda : 0 calories

1½ teaspoons baking powder : 3 calories

1½ maldon tsp salt : 0 calories

4 large eggs : 288 calories

100 g buttermilk powder : 360 calories

1 3/4 cups warm water

½ cup vegetable oil : 992 calories

1 teaspoon vanilla extract: 12 calories

1 teaspoon distilled white vinegar : 0.9 calories

2 tablespoons red food coloring : 0 calories

1 cup of walnuts: 785 calories

Dried cranberries: 100g : 308 calories

Preheat oven to 350 °F. Butter three 9-inch cake rounds/

smaller loaf pans . Dust with flour and tap out the excess.
Mix together flour, sweetener , cornstarch, cocoa, baking soda, baking powder, buttermilk powder and salt in a stand mixer using a low speed until combined.
Add eggs, warm water, oil, vanilla, vinegar, and food coloring. Beat on a medium speed until smooth. This should take just a couple of minutes.
Divide batter among the three prepared pans.
Bake for 30-35 minutes in 3 pans until the cake meets the toothpick test (stick a toothpick in and it comes out clean).
Cool on wire racks for 15 minutes and then turn out the cakes onto the racks and allow to cool completely before adding frosting.

Fruit frosting:

1 cup fresh blueberries : 85 calories
1 cup fresh strawberries : 54 calories
* 1 cup butter : 1, 627 calories
1 cup artificial sweetener, sifted : 0 calories
1 teaspoon vanilla extract : 12 calories
2 1/2 cups artificial sweetener, sifted, divided : 0 calories

Place strawberries and blueberries in a blender; puree until smooth.

Transfer strawberry-blueberry puree to a saucepan over medium heat; bring to a boil, stirring often, until puree is reduced by at least half, about 20 minutes. Remove from heat and cool completely.

*Beat butter with an electric mixer in a bowl until light and fluffy.

Beat 1 cup of artificial sweetener into butter until just blended.

Beat 2 tablespoons strawberry-blueberry puree, and vanilla extract, into butter mixture, until just blended.

Repeat with 1 cup artificial sweetener, followed by 2 tablespoons strawberry puree two more times.

Beat last 1/2 cup of artificial sweetener into mixture until

just blended.

Spread in between layers of cake and on top.

Calories for this cake : 6,233.09 for 12 ppl

Calories: 519.5 roughly per person, with using sweetener.

I omitted the butter out of our icing , so, the caloric intake for whole cake was 4,606.09.

Per person: (12 count) : 383.84 calories per slice. The icing was delicious, even without the butter.

If sugar was used : 5024.5 (in sugar) calories more than in sweetener for the whole cake. Total calories with sugar: 11,257.59 calories

Calories with sugar : 938.13 per slice

*Try to find an artificial sweetener that is not sickly sweet, nor has an aftertaste. There are a few available in N America and my husband, who hates sweetener, finds them completely tasting like sugar.

Photo and rececipe: Annie Goussard Newton