

## Atkins Coconut Layer Cake



**Prep Time:** 30 minutes

**Cook Time:** 22 minutes

### Ingredients:

- 8 large eggs
- 1 1/2 Cups granular sugar substitute (sucralose), divided in half
- 1 Tablespoon coconut extract
- 2/3 Cup soy flour
- 1 Teaspoon baking powder
- 2 Cups unsalted butter
- 6 large egg whites
- 1/4 Teaspoon salt
- 2/3 Cup unsweetened dried coconut

### Directions:

1. Heat oven to 350°F. Grease two 8-inch cake pans; line bottoms with parchment paper; then grease the paper.
2. With an electric mixer on high, beat whole eggs, 3/4 cup sugar substitute and extract until ribbons form, about 5 minutes.
3. In three additions sift soy flour and baking powder over egg mixture; fold in with a rubber spatula to combine.
4. Fold in 1/2 cup melted butter. Then pour batter into prepared pans.
5. Bake for 22 minutes until cake springs back in middle when lightly touched.
6. Cool in pans on wire racks 5 minutes.
7. Line racks with paper towels and invert cake layers. Gently peel off parchment and cool completely.
8. For frosting: in a double boiler or a bowl placed over simmering water, whisk egg whites, 3/4 cup sugar substitute and salt until temperature reaches 130°F.

9. Transfer whites to mixing bowl and beat on high speed until cool and fully whipped.
10. Reduce speed to medium and beat in 1 1/2 cups room temperature butter 1 tablespoon at a time until well combined, thick and creamy, about 10 minutes - do not rush the process.
11. Place one cake layer on serving plate.
12. Mix 1 cup frosting with half the coconut; frost bottom layer. Place top cake layer over bottom layer. Cover top and sides with remaining frosting and pat remaining coconut over frosting. Makes 12 servings.

### Nutrition Facts

Makes 12 servings

Amount per serving:

<b>Calories</b>	397
<b>Total Carbs</b>	5.8
<b>Total Fat</b>	38
<b>Protein</b>	8