



RECIPES

Raspberry Cream Cheese Cake

1 ¼ cups barley flour or whole wheat pastry flour
1 ¼ tsp. Rumford baking powder
1 tsp. finely shredded lemon peel
¼ tsp. baking soda
¼ tsp. Real Salt
1 cup unrefined corn fructose
3 Tbsp. unsalted butter, softened
1 tsp. pure Vanilla extract
2 Tbsp. full fat soy flour
½ cup goat milk
4 Tbsp. goat plain yogurt
2 oz. soft goat cheese
½ cup raspberries, fresh or frozen
Sifted powdered sugar (topping)
9 inch round, oiled baking pan

Beat together ¾ cup fructose and butter until fluffy, then add lemon peel, soy flour and vanilla, beating well. Add flour, soda, powder, salt, goat milk (reserving 2 Tbsp.) and yogurt alternately and blend well. Pour batter into pan. In small mixing bowl beat soft cheese, remaining ¼ cup fructose, and 2 Tbsp. goat milk until well mixed. Pour mixture over batter in pan. Sprinkle ½ cup fresh raspberries on top of mixture. Bake at 375 for 30-35 minutes. Cool pan 10 minutes and dust with powdered sugar topping. Serve warm or chilled.

Powdered Sugar

In food processor or clean coffee grinder blend:
2 Tbsp. unrefined corn fructose
1 rounded teaspoon organic unbleached corn starch