

GLUTEN-FREE TRES LECHES LATTE CAKE

The addition of spices and espresso powder give this traditional Tres Leches cake depth and deeper flavor. It's lightened up with fat-free milk, and is gluten-free! Serve with fresh fruit for a beautifully light, summer dessert.

 30 minutes 3 hours 15 portions

INGREDIENTS

- 1 cup gluten-free flour blend
- 2 teaspoons baking powder
- 1/4 teaspoon Kosher salt
- 5 large eggs, whites and yolks separated
- 1 cup white sugar (divided into 3/4 cup and 1/4 cup)
- 1/2 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1/3 cup unsweetened almond milk
- 1 teaspoon vanilla extract (not imitation)
- 12 ounces (1 can) fat-free evaporated milk (for the milk mixture)
- 14 ounces (1 can) fat-free sweetened condensed milk (for the milk mixture)
- 1/3 cup unsweetened almond milk (for the milk mixture)
- 1 teaspoon ground cinnamon (for the milk mixture)
- 1 teaspoon instant espresso/coffee granules (or one single serve packet, for the milk mixture)
- 2 teaspoons vanilla extract (for the topping)
- 2 tablespoons granulated sugar (for the topping)
- 2 cups heavy whipping cream (for the topping)

COOKING METHOD

- 1° Preheat the oven to 350 degrees. First, make the milk mixture. In a blender or pitcher, combine the evaporated milk, sweetened condensed milk, the other 1/3 cup unsweetened almond milk, cinnamon, and instant espresso/coffee powder. Blend or whisk to combine. Store in the refrigerator until ready to use.
- 2° For the cake; line a 9x13 cake pan with parchment paper, and spray with non-stick spray.
- 3° In one bowl, combine the gluten-free flour, baking powder, salt, cinnamon, and nutmeg.
- 4° In the bowl of a mixer, combine the five egg yolks with 3/4 cup of sugar, and mix on high with the whisk attachment until light and fluffy, about five minutes. Add the first 1/3 cup unsweetened almond milk and 1 teaspoon vanilla, and combine.
- 5° Add the egg yolk mixture to the dry ingredients, and stir gently just until combined (the batter might still have some lumps, which is OK).
- 6° Clean and dry the mixer bowl and whisk for the next step (they must be very clean or the egg whites won't froth).
- 7° In the bowl of the mixer, whisk the egg whites on high speed with the remaining 1/4 cup of granulated sugar until stiff peaks form (the egg white stays in a peak when lifted and doesn't fall), about 5 minutes.
- 8° Gently fold the egg whites into the prepared batter until smooth and the lumps are gone. Folding means run the spatula around the outside of the bowl to "lift" the ingredients together, rather than stirring. Stirring will deflate the egg whites, and the cake won't be as light.
- 9° Pour the entire mixture into the 9x13 pan, smoothing out the top. Bake for 30 minutes, or until a toothpick inserted into the cake comes out clean (it will be very light and spongy).
- 10° Let the cake cool, about 30 minutes. Once the cake is cool, use a fork or a chopstick to poke lots of holes all over the top of the cake (be liberal, the more holes the better!).
- 11° Pour the milk mixture all over the cake (it will absorb fairly quickly). Place the cake in the refrigerator for a least an hour, but up to overnight before serving.
- 12° To serve; in a mixing bowl, combine the whipping cream, vanilla, and sugar, and use the whisk attachment to whisk until light and fluffy. Spread on top of the cake, and dust lightly with cinnamon, if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (139 g)	% DRI
ENERGY	205 kcal	285 kcal	14 %
FAT	6 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	3 g	4 g	22 %
CHOLESTEROL	59 mg	82 mg	27 %
SODIUM	172 mg	238 mg	10 %
CARBOHYDRATE	34 g	47 g	16 %
SUGARS	28 g	38 g	—
FIBER	1 g	1 g	3 %
PROTEIN	5 g	7 g	—