Raspberry Cake

A recipe by Hanna Geiger

Ingredients

<table>
<thead>
<tr>
<th>Grams carbohydrates</th>
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</tr>
</thead>
<tbody>
<tr>
<td>200 g grainy cream cheese, 20% fat</td>
<td>6,6 g</td>
</tr>
<tr>
<td>40 g crème fraîche, 40% fat</td>
<td>1,0 g</td>
</tr>
<tr>
<td>A pinch of sweetener</td>
<td>0,0 g</td>
</tr>
<tr>
<td>20 g raspberries</td>
<td>1,0 g</td>
</tr>
<tr>
<td>3 or 4 tablespoons of water</td>
<td>0,0 g</td>
</tr>
<tr>
<td>3 sheets of white or red gelatine</td>
<td>0,0 g</td>
</tr>
<tr>
<td>8,6 g</td>
<td></td>
</tr>
</tbody>
</table>

Sponge base 1,3 g

Total 10,1 g

Directions

- Produce a round sponge base (refer the recipe for sponge base, below)
- Soak the gelatine
- Beat the remaining ingredients until they are frothy
- Press out the gelatine and dissolve it
- Mix 2 or 3 tablespoons of the raspberry cream into the gelatine,  
then mix with the rest of the cream
- Spread it on the sponge base (use a spring-form)
- After solidified, take the raspberry cake out of the spring-form
- Perhaps decorate with cream and raspberries (these additional carbohydrates must be calculated!)
Sponge base

A recipe by Hanna Geiger

Ingredients | Grams carbohydrates
---|---
10 g almond flour | 0.4 g
1 egg | 0.9 g
A pinch of sweetener | 0.0 g
1 tablespoon of water | 0.0 g
| 1.3 g

Directions:
- Beat the egg white with the water until it is stiff
- Add the egg yolk and the sweetener
- Fold in the almond flour
- Bake approximately 10 to 15 min in a preheated oven with 220 °C