

Almond Torte with Chocolate Sauce and Cherry Garnish

8 servings
12 grams Carbs
4 grams Fiber
8 grams net carbs

Ingredients

1 cup blanched whole almonds
1 slice Atkins Bakery Multigrain Bread
1 teaspoon baking powder
1/8 teaspoon cream of tartar
5 large eggs, separated
1/2 cup granulated sugar or sugar substitute, divided
2 ounces unsweetened chocolate, coarsely chopped
1/3 cup sugar-free hazelnut syrup
2 tablespoons heavy cream
2 tablespoons water
1/2 cup whipped cream
1 1/2 cups sweet cherries, pitted and coarsely chopped, or 1 (10-ounce) bag frozen sweet cherries, thawed

Directions

Heat oven to 350F.

Spread almonds on a baking sheet and toast until golden (about 10 minutes); cool completely.

Transfer to a food processor and add bread, baking powder and cream of tartar; process until almonds are finely ground.

Line a 9-inch springform pan with waxed paper. Lightly spray with cooking spray, then dust with about 1 teaspoon of the crushed almonds.

Combine egg yolks and 1/4 cup of sugar in a large bowl; beat with an electric mixer until light and fluffy, about 3 minutes.

Beat whites in another bowl with clean and dry beaters until soft peaks form.

Add remaining 1/4 cup sugar and beat until stiff peaks form (about 3 minutes)

Fold nuts into yolks in three additions, alternating with one-quarter of the whites each time; fold in remaining whites. (Folding the nuts into the yolks alternately with the whites helps to keep this torte light in texture)

Spread lightly in pan. Bake until a toothpick inserted in center comes out clean, (18 to 20 minutes).

Cool in pan on a wire rack. Run a sharp knife between torte and pan to loosen.

Set a plate over the pan and invert torte onto plate. Peel off waxed paper, then invert again onto a serving plate.

Combine chocolate, syrup and cream in top of a double boiler set over simmering water. Whisk until chocolate melts, then whisk in water.

To serve, cut torte into eight wedges; top with sauce.

Spoon whipped cream next to torte and add fruit alongside.