



Weight Loss Done Right!

Vanilla Chai Cake

Ingredients for cake

- 3 whole eggs, beaten
- 6 ounces milk
- 6 ounces water
- 4 tablespoons grape seed oil
- 6 packets Cappuccino Drink mixes
- 1 teaspoon baking powder
- 6 packets Truvia or Splenda
- 2 teaspoons chai latte spice

**recipe below*

Directions for cake:

1. Preheat oven to 325° F
2. Combine wet and dry ingredients until smooth
3. Spray Bundt pan with non-stick spray
4. Place batter evenly in Bundt pan. Tap to settle batter. Place in oven for 1 hour.
5. Remove and cool on wire rack
6. Invert on plate when cooled and glaze cake.

Ingredients for glaze

- 1 Cappuccino drink mix
- 200 ml water
- ¼ cup WF Maple Syrup

Directions for glaze:

1. Over low heat, combine ingredients. Whisk intermittently for an hour or more to reduce and thicken the mixture
2. Cool and thicken in fridge prior to glazing your cake

Chai Latte Spice

Ingredients:

- 3 teaspoons dried ginger
- 2 teaspoons cinnamon
- 1 teaspoon ground cloves
- 1 ½ teaspoon cardamom
- 1 teaspoon allspice
- 1 teaspoon garam masala
- ½ teaspoon star anise

All spices are ground.

Mix together to blend well

Servings: makes 3 servings.

Each serving = 2 protein products, 2 extras.

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