

WHOLE WHEAT LEMON BUNDT CAKE from "Eat More Whole Grains" cookbook

- 1 1/8 cups of eggs
- 2 cups sugar
- 1 1/4 cup oil
- 1/4 cup lemon juice
- 3/4 cup milk
- 1 1/2 cups whole wheat flour**
- 1 cup barley flour*
- 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 1/2 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. vanilla

Turn your oven to 350 degrees F. to preheat. Using the Bosch bowl and the whips, beat the eggs for 5 min. Slowly add sugar and beat another 5 min. Gradually add oil and mix well again. Mix lemon juice with milk. Measure and sift together all the flour, the cornstarch (which softens the wheat flour) the baking soda and the baking powder. Add 1/3 of dry ingredients to the egg mixture alternately with 1/3 of the milk mixture, mixing after each addition. Add vanilla and jog a few times to mix in. Grease and dust a large bundt pan with flour. Pour batter into the bundt pan and bake at 350 degrees F. for 65 to 70 min. until an inserted toothpick comes out clean. Remove from oven and turn onto a plate. Poke surface of the cake with a fork. Pour glaze over cake repeatedly until absorbed

Tip* - Barley is milled from hulled or hulless barley. If you don't have barley substitute whole wheat flour.

**We like to use soft wheat grain milled in the mill but with the cornstarch added you can use the hard wheat as well in this recipe.

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