

# CHRISTMAS DAY LEMON CRANBERRY BUNDT CAKE & YOGURT CREAM



Serves: 4-6

## Ingredients

### For Honeyed Cranberries

- ½ cup Honey
- 1 cup fresh cranberries
- 4 tablespoons water
- ½ cup of granulated sugar
- 1 medium orange

### For Lemon syrup

- ½ cup sugar
- ½ cup freshly squeezed lemon juice
- 2 tablespoon water
- 1 tablespoon confection sugar
- 1 teaspoon pure lemon extract

### For Yogurt cream

- 1 cup whipping cream
- 1 cup Greek yogurt
- 1 tablespoon confection sugar
- 1 teaspoon pure Vanilla extract

### For Lemon Bundt cake

- 11 oz. drained Garbanzo beans
- 1/2 cup fat free Butter milk
- 1/4 cup Canola Oil
- 1/2 cup unsweetened Apple sauce
- 5 oz. of dried cranberries
- 5 eggs
- Zest of two Lemons
- 2 tablespoons lemon extract
- 13 oz granulated sugar
- 12 oz. all -purpose flour
- 1 1/2 tablespoons baking powder

## Directions

Make honeyed cranberries - Using a citrus zester remove peel of one orange. In a sauce pan combine orange zest, honey, sugar and water, stir and bring to a short simmer Cool 20 minutes, Transfer to a small bowl, add 2 cups of fresh cranberries. Refrigerate, covered for 8 hours. Remove cranberries from syrup place on sheet pan and let sit until completely dry. *FYI, Left over cranberries are an awesome addition to a bowl of Steel cut Oatmeal.*

Make Lemon syrup - In a small sauce pan combine sugar, lemon juice, lemon extract and water and bring to a boil. Simmer over moderate heat, stirring, until the sugar dissolves, about 3 minutes. Let syrup cool

Make Yogurt cream - In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Make sure not to over beat, cream will then become lumpy and butter like. Add Greek yogurt and whip additional 3 minutes. Set a side

Bake Lemon bundt cake - Preheat oven to 320°F. Rinse Garbanzo Beans in cold water

Place beans, buttermilk, vanilla, canola oil and applesauce in food processor and mix at medium speed until smooth. Separate egg yolks and whites. Set egg whites aside.

Pour bean puree into a mixer with paddle attachment. Add the egg yolks, granulated sugar, lemon zest, flour, lemon extract and baking powder and blend evenly at medium speed.

In separate mixer, with wire whip, add egg whites and beat slowly until foamy. Then increase speed and beat whites to stiff peak. Gently fold egg whites and dried cranberries into batter.

Spray mini bundt cake pans with non-stick cooking spray. Portion batter evenly into pans, you want to fill bundt cake molds no more than  $\frac{3}{4}$ .

Bake in pre heated convection oven for about 15 minutes or until toothpick inserted in bundt cakes comes out clean. Invert the bundt cakes onto a wire rack over a baking sheet. Bundt cakes will raise during baking, so with serrated knife remove the top part

Using a wooden skewer, poke holes evenly all over the bund cakes and brush with the lemon syrup. Brushing the bundt cakes with the Lemon syrup adds that extra lemon kick and keeps bundt cakes moist.

Dust bundt cakes with Icing sugar, garnish with yogurt cream, honeyed cranberries and fresh lemon zest