BetterBody Foods

Avocado Oil Cake

Prep: 20 min Cook: 1 hr 5 min Total: 1 hr 45 min Servings: 4

Calories: 375 Fat: 20g Protein: 4g Carbs: 45g Fiber: 0g

Ingredients

- 2 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 1/2 cups plus 2 tablespoons granulated sugar divided
- 3 large eggs room temperature
- 1 cup Avocado Oil
- 1 1/4 cup whole milk
- 1 Tbsp fresh lemon zest
- 2 Tbsp fresh lemon juice

Directions

1. Preheat the oven to 375 degreesF. Lightly oil a 9-inch round cake pan using BetterBody Food’s Avocado Oil and dust with flour. Line the bottom with parchment paper.
2. In a medium bowl, whisk together the flour, salt, baking powder, and baking soda.
3. In a large mixing bowl or a bowl with a stand mixer fitted with the paddle attachment, beat together 1 1/2 cups sugar and eggs on high speed, until light and fluffy.
4. With the mixer on low, gradually stream in the avocado oil. Beat in the milk, lemon zest, and lemon juice until well combined. With the mixer on low speed, gradually add the flour mixture, beating until just combined.
5. Pour into the prepared pan, and spread the top into an even layer using a small spatula. Sprinkle it with the remaining tablespoons of sugar.
6. Bake for 40 to 45 minutes, or until a wooden pick inserted in the center comes out clean. Let the cake cool in the pan on a wire rack for 20 minutes. Remove the cake from the pan, and remove and discard the parchment paper.
7. Let the cake cool completely on the wire rack before serving. Dust with powdered sugar if desired.
8. Enjoy your Avocado Oil Cake!