



Salty Mimosa Cake



Are you looking for an idea for Women's Day, but you are bored of the usual Mimosa Cake? Do you want to give a moment of emotional well-being and also a nice dinner to your mothers, sisters or best friends? Note down and allow us to inspire you with the nutr lipidomic recipe of our Mimosa Salty Cake!

A new way of interpreting tradition, with one eye on taste and the other on health.

For a really tasty filling we chose the lipidomic mayonnaise, made with extra virgin olive oil and linseed oil and lightened with a little Greek yogurt 0% fat, grilled vegetables and bresaola.

Bresaola, among the category of cold cuts meat, is a food with a protein content of high nutritional value, rich in minerals and vitamins with a rather low lipid content. Furthermore, for the realization of the sponge cake we have chosen the use of spelled flour, rich in mineral salts (iron, potassium, phosphorus and magnesium) and vitamins (A and B), with a higher protein content than other grains and a low glycemic index.

Nutrilipidomic Recipe

Salty Mimosa Cake

Ingredients:

> for the sponge cake (22 cm diameter cake pan)

- 6 eggs
- 150 gr spelled flour
- 30 grams of sugar
- Salt t.t.
- A pinch of saffron

> for the filling

- 150 gr of lipidomic mayonnaise (for the recipe <https://www.lipinutragen.it/maionese-lipidomica/>)
- 100 gr 0% fat Greek yogurt
- 2 zucchinis
- 1 red pepper
- 1 yellow pepper
- 200 gr of finely sliced bresaola

> for decoration

- 1 lemon
- Chives

Method:

Let's start with the preparation of the salty sponge cake. The doses of our recipe are sufficient for a 22 cm diameter cake pan. Whip the egg yolks with the sugar and two pinches of salt, until they become light and fluffy. In another bowl, also beat egg whites until stiff peaks, with two more pinches of salt.

Sift the spelled flour, adding a pinch of saffron (your choice) to make the color of the mimosa pie more intense. Add the flour to the egg yolks and mix gently; finally add the egg whites and mix everything with movements from the bottom up.

Pour the mixture into the pan and bake in a preheated oven at 160 ° for 30/35 minutes.

In the meantime, prepare the lipidomic mayonnaise following the recipe on the page

<https://www.lipinutragen.it/maionese-lipidomica/>.

Wash, cut into strips and grill the vegetables.

Now we are ready to compose the cake.

If you want to decorate the cake, cut out three centimeters of the edge of the sponge cake to create lots of cubes.

Divide the sponge cake into two layers, spread the mayonnaise (keeping some aside for decoration), lay the grilled vegetables and the slices of bresaola and close with the second layer. Cover with the remaining cream, creating a small dome in the center where you can put the diced sponge cake. Finally, garnish with

lemon peel, bresaola roses and a few strands of chives to give a touch of color and freshness.

Article by the Editorial Group of Lipinutragen

Recipe created by Andreea Popa, Account Data Entry and Customer Care, cooking lover.

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

