



*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.

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### 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

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## 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