



# Lemon Poppy Seed Chiffon Cake

## Ingredients *Serves 12*

### Cake

3/4 cup sifted white whole-wheat flour  
3/4 cup sifted cake flour  
2/3 cup granulated sugar, divided  
3 tablespoons poppy seeds  
1 tablespoon baking powder  
1/2 teaspoon kosher salt  
1 cup reduced-fat milk  
1/2 cup canola oil  
7 large eggs, separated  
2 tablespoons lemon zest  
1 tablespoon vanilla extract

### Glaze

3/4 cup packed confectioners' sugar  
1 teaspoon lemon zest, plus more for garnish  
4 teaspoons lemon juice

## Nutrition *Per Serving*

285 Calories, Total Fat: 13 g, Saturated Fat: 2 g, Cholesterol: 110 mg, Carbohydrates: 35 g, Fiber: 1 g, Total Sugars: 22 g, Added Sugars: 20 g, Protein: 6 g, Sodium: 221 mg, Potassium: 109 mg, Folate: 41 mcg

**Calcium: 142 mg**

## Preparation

*Total Time: 3 hours 10 minutes*

**STEP 1:** Preheat oven to 350°F.

**STEP 2:** Whisk whole-wheat flour, cake flour, 1/3 cup sugar, poppy seeds, baking powder, and salt in a large bowl. Whisk milk, oil, egg yolks, 2 tablespoons lemon zest, and vanilla in a medium bowl.

**STEP 3:** Beat egg whites with an electric mixer, preferably in a stand mixer with the whisk attachment, until frothy and the whisk leaves a trail in them, 1 to 3 minutes. Slowly add the remaining 1/3 cup sugar and continue to beat until the whites are a bit glossy and hold a soft peak when you raise the whisk, 2 to 3 minutes more.

**STEP 4:** Make a well in the center of the dry ingredients and pour in the wet ingredients; stir with a rubber spatula to combine. Fold in a few large spoonfuls of the egg whites. Add the rest of the whites and fold gently until well combined. Scrape the batter into an ungreased 9-inch tube pan with a removable bottom.

**STEP 5:** Bake the cake until it is pale golden brown and springs back when you poke it in the middle, 40 to 50 minutes. Cool upside down in the pan on a wire rack, about 2 hours. When cool, run a knife around the sides and bottom of the pan to remove the cake.

**STEP 6:** Prepare glaze: Just before serving, whisk confectioners' sugar, lemon zest, and lemon juice in a small bowl. Drizzle the cake with the glaze; garnish with more lemon zest, if desired.