

Ingredients

- 1 pkg of cream cheese (softened)
- 3 sticks of salted sweet cream butter (softened)
- 6 eggs
- 3 cups of sugar
3 cups of cake flour
- 1 teaspoon vanilla extract
- ½ to 1 teaspoon almond extract (depending on how almondy you like it)
- ¼ teaspoon of baking soda
- ½ teaspoon of baking powder



Monthly Wellness Recipes

Cream Cheese Pound Cake

This month's recipe comes from Charlene Green, Director of Outreach, Recruitment and Retention at the School of Medicine.

Charlene shares her grandmother's cream cheese pound cake recipe! She has been making this cake since the age of 11 when her aunt taught her. "I used to sell this cake by the slice at my aunt's ice cream parlor in Niles, Michigan, where I spent my summers. Although, this was initially a family secret, after years of making it, I now enjoy sharing with others! I hope granny is not mad!"

She is now passing this cherished recipe (along with her technique) to her children, Aminah (10) and Cyrus (6).

Cooking Instructions

- Preheat oven to 325
- Blend cream cheese and butter very well (at least 2-3 minutes)
- blend in one egg and one cup of sugar (3X) Beat well after each addition.
- blend in one egg and one cup of flour (3X). Beat well after each addition.
- Add the rest. Beat well.
- I usually bake it in a Bundt pan sprayed with Baking Pam or Baker's Joy spray @ 325 for about 60- 80 minutes depending on your oven. I usually put a towel or cutting board down and "drop" the cake a few times to make sure it is level and air gaps are out.

Optional - Top with a fresh strawberries and strawberry glaze mix together

The trick to getting a light creaming looking batter is beating it well!
Good Luck!