**Fat Free Sponge Cake  
  
**

**Ingredients:**

4 oz/110 grs Plain Flour

4 oz/110 grs Caster Sugar

4 large eggs

¼ teasp. Baking Powder

Raspberry Jam

Cream

**Equipment:**Two 8”/20 cm sandwich tins

**Method:**

Pre heat the oven to 190c/375f/gas mark 5. (Less in fan oven)

Line the base of the tins with silicon or non-stick parchment

paper. Grease the sides and dust with flour.

Beat the eggs and sugar together until the mixture is thick. The

beater should form and hold a figure 8 on top. Sieve the flour

and baking powder together and fold very carefully into the

mixture.

Divide the mixture into the two prepared sandwich tins and shake

the tins gently to distribute.

Place in the preheated oven and bake for approximately 15 - 18

minutes.

Turn out onto a wire rack and leave to cool.

When cold sandwich both layers together with raspberry jam and

whipped cream.  
**Howth & Sutton Horticultural Society Autumn Show 2015**