

Iced Sponge Cake

Allergens – **Gluten**, **Eggs**, **Milk**

Ingredients

Quantity	Ingredient
400g	Self-Raising Flour (contains Wheat)
200g	Margarine Stork
200g	Sugar Caster
200g	Eggs (4)
Icing	
150g	Icing Sugar Water to mix



Method

1. Cream the sugar and margarine.
2. Beat the eggs and slowly add them to the creamed mixture, beating until smooth.
3. Stir in the flour.
4. Pour the cake mix into a tin and bake in a moderate oven at 180°C, 350°F, Gas Mark 4 for 40 minutes.
5. Once cool make the icing with the icing sugar and water and drizzle over the top of the cake.

Note – A few drops of vanilla essence may be added to the cake mixture.
Icing can be improved by using fruit juice instead of water.

Nutritional Content per 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 215.	= 9.6	= 2.0	= 15.9	= 0.4	= 30.9

Portion size - Primary – 50g