

SWISS ROLL

3 Eggs

75g Caster sugar

75g Self raising flour

3 tbsp raspberry jam



Nutrition: Swiss roll is a fat free cake but very high in sugar so should still only be eaten as a treat.

Fruit compote could be used instead of jam for extra fruit. Or a layer of sliced fruit could be rolled up with the sponge.

Gluten free: GF flour can be used in this cake to make it suitable for coeliacs

METHOD

1. PRE HEAT OVEN 220°C /GAS 7
2. GREASE A SWISS ROLL TIN
3. WHISK EGGS AND SUGAR TOGETHER UNTIL VERY THICK AND CREAMY.
4. FOLD IN THE FLOUR.
5. POUR INTO THE TIN AND BAKE FOR 8-10 MINUTES
6. REMOVE FROM OVEN AND PLACE ON A SUGARED PIECE OF GREASE PROOF PAPER.
7. SPREAD THE JAM OVER AND TRIM THE EDGES OF THE SWISS ROLL
8. ROLL UP AND LEAVE TO COOL

SAFETY RULES

PHOTO