FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Mini Victoria sponge



Serves	Prep Time	Cooking	Total Time	Calories
12 people				**439 kcal**

Stuff that's in it:

• 4 Eggs (Free Range)

• 225G Caster Sugar

• 225G Salter Butter (Room Temperature)

• 2Tsp Baking Powder (Level)

• 180G Strawberry Jam (Good Quality)

• 24 Large Strawberries (Chopped Into Small Chunks)

• 2 Tbsp Fresh Mint (Torn)

• 300Ml Fresh Whipping Cream

What you do:

What you do

Pre heat your oven to 180c, once pre heated , reduce to 160c

Line 2 loose bottomed cake tins (around 20cm/8inch) with parchment paper and grease with butter to stick

In a large bowl , sieve the flour, baking powder and then add the sugar and mix, break the eggs into the bowl and use a hand held electric whisk to beat into the mixture until everything is combined and smooth!

Pour evenly into each tin , gently smooth out to the sides with a spatula and turn the oven down to 160c, pop into the oven and bake for around 20-25 minutes , you can usually smell it when it's about ready, pop a metal rod into the middle and pull out clean to ensure it's cooked all the way through

Leave on a wire rack to cool.

Using clean beaters , whisk up the whipping cream until thick stiffened

peaks emerge then set aside.

Chop the strawberries and mint , then grab your mini jars

Pull the sponge apart and squige in the bottom, add a teaspoon of jam then using a piping bag with a corner snipped off at the end, pipe some whipped cream in, then add the strawberries and mint , then add the cake, jam and more cream and strawberries to top

Continue until you've made the desired amounts

Nutrition

• Carbs: 44g

• Fat: 16g

• Protein: 5g

• Fibre: 1g

• Saturated Fat: 16g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com