

# Victoria Sponge



2.5:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 20 minutes
- **Recipe makes** 6 portions

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
	Per 1 cake (6 portions)	Per 1 portion	
Fat	94.8g	75.4g LCT	12.6g LCT
		19.4g MCT	3.2g MCT
Protein	24.6g	4.1g	
Carbohydrate	16.4g	2.7g	
Energy (kcal)	1017	170	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
<b>Sponge</b>		
Butter, softened	25g	
Calorie free granulated sweetener e.g. NatVia	14g	
Baking powder	3g	
Ground almonds	75g	
MCTprocal	32g	
Egg, beaten	25g	
Water	40g	
Vanilla essence	2-3 drops	
<b>Filling</b>		
Double cream e.g. Morrisons/Tesco	20g	
Keto jam (See Matthew's Friends recipe*)	20g	
Calorie free icing sugar alternative e.g. Sukrin Melis	5g	

\*<https://www.matthewsfriends.org/keto-kitchen/keto-recipes/classical-recipes/snacks-sides/snacks-sides>

## Method:

1. Preheat oven to 200°C/fan 180°C/gas mark 6.

## Sponge

2. In a bowl, cream together butter and sweetener.
3. Add baking powder, ground almonds and MCTprocal, mix well.
4. Add egg, water and vanilla essence, mix well.
5. Line the bottom of 12cm x 4cm deep non-stick cake tin with baking parchment and pour cake mixture in.
6. Bake in the oven for 20 minutes.
7. Remove from the tin and cool on a wire rack.

## Filling

8. In a bowl, whip cream with a whisk until fluffy.
9. Slice sponge in half horizontally and turn top half facing up.
10. Spread jam on top of one half and cream on another half then sandwich one half on top of the other.
11. Dust with icing sugar alternative, cut into 6 slices and serve.



## Always check with your dietitian what is suitable for you

- For a smaller portion, slice into 12 pieces.

MCTprocal is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.