

1/2 SYN ROULADE

1/2 Syn for the entire Cake (serves 4)



The 1/2 Syn roulade is a healthy sweet alternative to a full fat version of a swiss roll.

This recipe has been designed around the slimming world eating plan. Syns is a measurement used by slimming world to determine how healthy a particular food is. The lower the syn value the better. The daily syn allowance is 5-15 a day, so you can see why this is a fantastic recipe.

This recipe was designed by a slimming world enthusiastic, or slimming world themselves. Truth is I don't know who came up with the recipe, but think it's a great one.

I did make one small adjustment... I added some sweetener to the actual cake mix which the recipe does not state, and found that I didn't need the baking paper as I used a good non-stick pan which I just sprayed some frylight in before adding the cake mix.

I found that eating the cake whilst still warm was much nicer than when it had cooled down completely. My overall opinion on this recipe was:

- **To Make** – very easy
- **Taste** – A slightly eggy taste although I think if you add enough vanilla essence this might disappear, it reminds me of a sweet omelet. I think this could work well as a breakfast option too. I would definitely make it again 😊

Ingredients

1 250g Tub Quark
4 Eggs
1 Tsp Baking Powder (1/2 syn)
4 Tbsp Sweetener
Vanilla Essence
Fresh Fruit eg berries, banana etc

Method

1. In a bowl whisk together the egg yolks and half tub of quark, baking powder and vanilla essence (1-2 tsp) using an electric whisk



2. In a separate bowl whisk the egg whites, take half of that mixture and whisk into the egg yolk mixture, and then fold in the 2nd half.



3. Line a Swiss roll tin with baking paper and add mixture.
4. Bake at 180°C for 15-20 mins (reduce time to 10 mins for fan oven)



5. Allow to cool, mix together remaining quark and sweetener along with some vanilla essence, spread onto the baked cake add fruit and roll up!



6. Enjoy!



Melanie Wade

www.LoseWeightLookFab.com

www.facebook.com/LoseWeightLookFab

www.twitter.com/MelanieWade4

Like this recipe? Share it with your friends on Facebook

