

Low Fat Cake and Dessert Recipes!

These are some recipes for “Let them eat Cake” or for a dessert as part of a pancreatitis friendly dinner party.

The problem with low fat recipes is they are delicious on the day they are baked, but low fat baked goods tend not to keep very well. Although, in our house, there is rarely any left to be saved!

Low Fat Lemon Curd Cake

For the Cake

4 medium eggs
9 oz Caster sugar
8 oz Fat free yoghurt
1 oz Sunflower oil
9oz Self-Raising Flour
Zest of two large lemons

For the Lemon Curd

2 large eggs
3 oz Caster Sugar
Juice 1 large Lemon

For the icing

Juice 1 lemon
Icing sugar

Oven heated to 180 degrees C.

Make the cake

1. Separate the eggs. Place the whites in a clean bowl.
2. Whisk the yolks with the sugar until pale and creamy.
3. Whisk in the lemon zest, oil and yoghurt.
4. Fold in the flour. If it is lumpy give it a bit of a whisk.
5. Clean the whisk carefully and whisk up the egg whites until they are at soft peak stage.

6. Fold in a little of the egg white and stir it in. Then gradually add the rest of the egg white and fold it into the rest into the mixture.
7. Pour the cake batter into a greased and floured cake tin.
8. Bake for 20-30 mins. You should be able to put a knife or a fork in and it should come out clean.
9. Cool on a cooling rack until the cake is completely cold.

Make the Lemon curd.

1. Put the egg, lemon juice and sugar into a bowl and thoroughly mix it together so that egg is completely combined into the mixture.
2. Place the bowl inside a saucepan of boiling water, the water should not touch the bowl.
3. Bring the water to the boil. Frequently stir the curd until it becomes thick. Take it off to cool. It does not thicken once it is cold so do make sure it is thick enough.

Make the lemon glaze icing

1. Mix 2 tbsp of lemon juice with 100 grams of sieved icing sugar and beat until it is well combined without any lumps.

Assemble the cake

1. If it has risen well, the cake can be cut into 3 layers, but two layers will also work nicely.
2. Spread half the curd on the bottom layer of cake. Put the second layer on top and then spread the rest of the curd on top of that.
3. Spread the icing on top of the cake and leave it to set.



Filo Crispies

These biscuits definitely don't taste like they are low fat, but I promise they are! They will keep in an airtight container for a few days, but they are best the day they are made. Check the filo pastry packets for fat content because, the amount of fat varies quite a lot. I have used Jus-Rol filo pastry which is 0.9gms of fat per 100g and 0.4gm per sheet. I use frylight butter cooking spray which is 0.1g of fat per spray. If you fat count, bare in mind that every 10 sprays is approximately 1g of fat. I have calculated that every 5 biscuits has about 1g of fat.

Makes 30 crispies

Heat the oven to 180 degrees C in a fan oven

2 sheets of filo pastry

70g of soft brown sugar

1 teaspoon of cinnamon

Frylight butter spray (or another fat spray)

1. Divide the filo pastry into 3 length ways. Spray with the spray. I normally spray 4-5 sprays per section of pastry.
2. Mix the soft brown sugar and cinnamon together. Sprinkle a heaped teaspoon of the cinnamon and sugar mix over each piece of pastry.
3. Fold over 2-3 cm of pastry and fold it over so you have a flat roll of pastry. Put the rolls of pastry on to a baking sheet covered with greaseproof paper.
4. Spray the top of each roll of pastry and then lightly sprinkle with about $\frac{1}{2}$ a teaspoon of the sugar and cinnamon mixture.
5. Bake the rolls for 7 minutes. They can go from raw to burnt very quickly, so keep an eye on them!

6. Remove from the oven and immediately cut the rolls into 5. You need to do this quickly (and carefully, they are hot!) because they harden quickly and then will break up. Place on a cooling rack.

Swiss Roll

This is a lovely recipe for a low fat Swiss Roll. Although the recipe suggests you use strawberry jam, it is also lovely with the low fat version lemon curd recipe.

4 large eggs
100g Caster Sugar and extra for dusting
100g Self-raising flour
Strawberry jam

Heat the oven to 180 degrees C

1. Spray a couple of sprays of an oil spray on to a piece of greaseproof paper, dust it with flour and use it to line a Swiss roll tin.
2. Separate the eggs, placing the whites into a very clean bowl. Any fat in the bowl at all can stop the eggs from whisking. Whisk the egg whites until soft peaks.
3. In a separate bowl place the egg yolks into a bowl with the sugar and whisk for 5 mins until the mixture is pale and fluffy.
4. Sift the flour and fold it into the egg yolk mixture.



5. Take one large spoonful of whisked egg whites and stir it in to the mixture. This loosens the mixture so it is easier to do. Then carefully fold in the rest of the egg whites a bit at a time. Bake for 20-25 mins.
6. Prepare your greaseproof paper for rolling. Place a clean tea towel on the surface and sprinkle it with water. Place a piece of greaseproof paper on top of the tea towel. Sprinkle the greaseproof paper with caster sugar.
7. Remove from the oven when it is golden and springy. Place it on to the greaseproof paper sprinkled with caster sugar. Cut off the crusts on the edges. Roll the swiss roll up and leave it like that to cool.
8. Once the cake has cooled, unroll it. Fill with your jam or curd and roll it back up.

Chocolate and passion fruit Chocolate Splodge cake

This recipe was inspired by a passion fruit and chocolate cake that I ate in Paris. This recipe began life as a squidgy chocolate log recipe for Christmas. It has been renamed chocolate splodge cake for the times that it doesn't look as neat. This is another example of something that definitely doesn't taste low fat! The trick here is to use Sweet Freedom chocolate spread. It is surprising stuff because it only has 8g of fat per 100g.

Heat the oven to 180 degrees C

For the cake

6 large eggs
150g of caster sugar
50g Cocoa powder
Sweet Freedom Chocolate spread

For the Passion Fruit curd

Juice of 6 passion fruits
2 large eegs
75g of caster sugar

Make the cake

1. Prepare a Swiss roll tin by lining it with a piece of greaseproof paper that has been sprayed with oil spray and lightly dusted with sieved cocoa powder.
2. Separate the eggs and place the egg whites in a very clean bowl. Any fat or grease will stop the eggs from whipping. Put the egg yolks into a bowl with the sugar. Whisk the egg yolks and sugar for about 5 minutes. The mixture will be pale and thickened.
3. Sift in the cocoa and stir until it is well combined. Take a tablespoon of egg whites and stir it in. Fold in the rest of the egg whites taking care to retain the air in the mixture.

4. Spread the mixture evenly in the Swiss roll tin. Bake at 180 degrees C 20-25 minutes until it is springy and puffy. Put it to cool on a cooling rack greaseproof paper side down.

Make the Passion Fruit Curd

5. Cut the passion fruits in half and use a teaspoon to extract the juice and pulp. Sieve the passion fruit to get rid of the seeds and pith. There isn't much passion fruit in each fruit so it is worth spending time to get as much juice as possible!
6. Put the egg, passion fruit and sugar into a bowl and thoroughly mix it together so that egg is completely combined into the mixture.
7. Place the bowl inside a saucepan of boiling water, the water should not touch the bowl.
8. Bring the water to the boil. Frequently stir the curd until it becomes thick. Take it off to cool. It does not thicken more once it is cold so do make sure it is thick enough before you remove it from the heat. Sometimes it can go a little lumpy so it worth straining it before you use it. Allow it to completely cool before you make the cake up. The passion fruit curd is also delicious on toast! It will keep for up to a week in a sealed container in the fridge.

Construct the cake

9. Wait until the cake and passion fruit curd has completely cooled. Put a piece of greaseproof paper liberally dusted with sifted icing sugar. Place the cake on the greaseproof paper with the top of the cake face down. Carefully peel off the greaseproof paper.

10. Spread the cake liberally with the sweet freedom chocolate spread. Then spread the passion fruit curd over the cake. Avoid putting the curd and chocolate toppings too close to the edge of the cake because they will splodge out as you roll it.
11. Use the greaseproof paper to help you to roll it up. Our family always have a discussion as to whether the cake should be rolled up lengthways or widthways! A long thin one is good if you are serving a lot of people. Neaten up any escaping filling. Liberally dust with sifted icing sugar and serve!

For people that aren't being careful with fat, serve with cream or ice cream. For people being low fat, serve with soy ice-cream or frozen yogurt.

Pavlova

This is made low fat by using yogurt rather than cream. I prefer it as it makes the whole pudding less sweet. I recommend using an authentic Greek yogurt as it is naturally thicker and behaves a bit more like whipped cream. I particularly like FAGE Total fat free yogurt. Otherwise, this recipe is identical to the original version. It is also fun to experiment with different fruits.

Heat the oven to 150 degrees C
Serves 6

For the meringue

3 Large egg whites
175g of caster sugar

For the topping

Coulis (**see the frozen yogurt recipe**) or passion fruit curd see the **chocolate and passion fruit splodge cake recipe**



500g Fat free authentic Greek yogurt

Fresh fruits of your choice – strawberries, blueberries and raspberries all work well together or you could go tropical with mango, passion fruit (sweeten the passion fruit a little first), pineapple and kiwi.

Draw round a dinner plater on to a piece of greaseproof paper. Turn it over so that the circle is on the back. Lightly squirt the greaseproof paper with an oil spray.

Get a very clean bowl. Any grease or fat in the bowl will stop the egg whites from whisking. Whisk the egg whites until they form soft peaks and the bowl can be turned upside down without the whites falling out. Gradually add 25g of sugar at a time, ensuring that they are fully whisked in before adding more sugar.

Use the circle as a guide to make a circle of meringue. You can use a skewer to make swirls with peaks all around the edge.

Put the pavlova into the oven and immediately turn the temperature down to 140 degrees C. Leave the pavlova to cook for an hour. Then turn the oven off and leave the pavlova to cool completely in the oven before removing it. Apparently it works particularly well if you cook it in the evening leaving it to cool completely overnight.

If you are using authentic Greek yogurt it will need to be stirred thoroughly before spooning on to the pavlova. Prepare the fruit and place on top of the yogurt and serve!



Summer Fruit Jelly

This is lovely served with frozen yogurt and filo crispy. I normally use summer raspberry or pomegranate and elderflower cordial (both made by Bottle green) but you could use any good quality cordial. It sounds like a lot to use $\frac{1}{2}$ pint of cordial, but there is no other sugar added and it is served chilled. I always use frozen berries which makes it cheaper and the frozen berries help the jelly to set quicker. You can experiment with different fruit and cordials.. Although I use leaf gelatin, it works equally with powdered gelatin or a vegetarian setting agent.

Serves 4

$\frac{1}{2}$ pint of good quality cordial
 $\frac{1}{2}$ pint of water
Enough leaf gelatin to set 1 pint of liquid
500g frozen mixed berries

Follow the instructions on the packet for the gelatin/setting agent. Normally the sheets are soaked in cold water for about 5 mins, by which point they should be soft. Put the cordial into a saucepan and gently heat until it is just starting to boil. Add the gelatin and make sure that it completely dissolves. Add in the water making sure that there are no lumps of gelatin. If there are any lumps, gently heat the mixture to get rid of the them. Put the frozen berries into the bowl that you want to serve the jelly in and pour the jelly mixture over the top. Put in the fridge until it sets.



Frozen yogurt

This is easiest to make with an ice cream machine, but you can do it in a freezer if you take the frozen yogurt out periodically and whisk it. I have experimented with different types of yogurt. My favourite is authentic Greek yogurt e.g. FAGE Total 0% fat. My ice cream maker can take 1 kg of yogurt, but if your machine is smaller or larger, you want to use 100g of caster sugar per 500g of yogurt. It is delicious served with raspberry coulis, the passion fruit curd (from the chocolate log recipe) or freedom foods liquid chocolate *also in the chocolate log recipe)

1kg of fat free yogurt
200g Caster sugar.

Combine the yogurt and caster sugar and allow the sugar to dissolve into the yogurt. Put the yogurt mixture into the ice cream machine and follow the instructions for your ice cream machine. When it reaches a slightly softer texture than soft serve ice cream. At this point, put it into a food storage box with a lid for about an hour.