

---

# Light & Fluffy Low FODMAP Sponge Cake

*Impossibly light sponge cake that melts on your tongue, layered with vanilla cream and strawberry jam. Your new celebration cake is here.*

Prep: 30 min

Cook: 25 min

Total: 85 min

Servings: 8

**Low FODMAP** ✓

## Ingredients

---

**Room temperature eggs whip to greater volume** 6 large eggs, at room temperature, separated

**Superfine sugar dissolves more easily** 150g caster sugar, divided

**Use a blend with xanthan gum for best structure** 150g gluten-free plain flour blend

**Ensures proper rise** 1 teaspoon gluten-free baking powder

**Enhances sweetness** 1/4 teaspoon salt

**Pure vanilla extract is low FODMAP** 1 teaspoon vanilla extract

**For the filling; must be lactose-free** 300ml lactose-free double cream

**For sweetening the cream** 2 tablespoons icing sugar

**Ensure no apple, pear, or high fructose corn syrup** 4 tablespoons pure strawberry jam

---

# Instructions

---

## Step 1: Prepare the pans and preheat

(10 min)

Preheat your oven to 180°C (350°F). Grease two 20cm (8-inch) round cake tins and line the bottoms with parchment paper. Dust lightly with gluten-free flour and tap out any excess. This preparation ensures your delicate sponge releases perfectly after baking.

## Step 2: Whip the egg whites

(8 min)

In a spotlessly clean bowl, whip the egg whites with an electric mixer on medium speed until soft peaks form, about 3-4 minutes. Gradually add 100g (1/2 cup) of the caster sugar, one tablespoon at a time, beating well after each addition. Continue whipping until the meringue is glossy and holds stiff peaks when you lift the beaters—this should take another 3-4 minutes. Set aside.

## Step 3: Beat the egg yolks

(5 min)

In a separate large bowl, beat the egg yolks with the remaining 50g (1/4 cup) sugar and vanilla extract until thick, pale, and tripled in volume, about 5 minutes. The mixture should fall in ribbons from the beaters and hold its shape briefly on the surface.

## Step 4: Combine dry and wet ingredients

(7 min)

Sift the gluten-free flour, baking powder, and salt together twice to ensure no lumps remain. Gently fold one-third of the meringue into the egg yolk mixture to lighten it. Sift half the flour mixture over the top and fold in with a large spatula using broad, sweeping motions from the bottom of the bowl. Add another third of the meringue, fold gently, then add the remaining flour. Finally, fold in the last of the meringue until just combined—a few white streaks are fine. Overfolding will deflate the batter.

## Step 5: Bake the sponges

(30 min)

Divide the batter evenly between the prepared tins and smooth the tops gently. Bake for 20-25 minutes until the cakes are golden, spring back when lightly pressed, and a skewer inserted in the center comes out clean. Let cool in the tins for 5 minutes, then turn out onto wire racks to cool completely.

[fodmansiets.com/recipes/light-fluffy-low-fodmap-sponge-cake](https://fodmansiets.com/recipes/light-fluffy-low-fodmap-sponge-cake)

## Step 6: Prepare the filling

(5 min)

While the cakes cool, whip the lactose-free cream with the icing sugar until it holds soft peaks —be careful not to overwhip or it will become grainy. Keep refrigerated until ready to assemble.

## Step 7: Assemble the cake

(10 min)

Place one sponge layer on your serving plate. Spread half the whipped cream evenly over the surface, leaving a small border around the edge. Dollop the strawberry jam over the cream and spread gently. Top with the second sponge layer and spread the remaining cream on top. Dust with icing sugar if desired. Refrigerate for at least 30 minutes before slicing to allow the layers to set.