

Fresh Orange Ring

Cholesterol free i.e. No egg yolks or animal fats.

Fresh orange juice is whisked into the mixture to make a light fruity sponge which is topped with orange segments and glaze icing.

Cuts into ten - 195 calories per slice - 44g carbohydrate per slice

Ingredients: -

5 - egg whites

175g/6oz - caster sugar

225g/8oz - plain flour

15ml/3 tsp - baking powder

½ lemon - juice only

1 large orange - grated, rind and juice

pinch of salt

Method: -

Whisk the egg whites with the sugar to make a stiff, glossy meringue.

Sift together the flour, salt and baking powder.

Pour the lemon juice into a measuring jug then add enough of the orange juice to make 175ml/6oz.

Stir in a teaspoon of the orange rind. Reserve the remaining juice and rind.

Fold a little of the flour, then a little of the fruit juice alternately into the egg white mixture until they are both evenly incorporated.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

Pour into a 1½ pint oiled ring mould then bake at 180°C /350°F/gas mark 4 for 30-40 minutes or until well risen and firm to the touch.

Cool in tin for 10 minutes and then turn out into a wire rack.

For the Decoration: -

2 oranges - peeled and sliced into segments

50g/2oz - icing sugar

To decorate: -

Arrange the orange segments neatly round the top of the cake.

Mix enough of the remaining orange juice into the icing sugar to make a glacé icing that is stiff

enough to hold its shape.