



## Apple cake

Preparation time: 20 minutes

Cooking time: 30 minutes

### Ingredients for 8 people:

- 6 eggs
- 150g of flour
- 150g of sugar
- 12g of Protinut (2 full doses)
- 2 Protifruit apple (or apple-banana or apple-prune to suit any taste)

### Directions:

- > Preheat the oven to 210°C
- 1. Preparation of the biscuit:
  - > Separate the whites from egg yolks
  - > Mix the sugar with the egg yolks
  - > Whisk the egg whites
  - > Add to the mixture egg yolks/sugar, the Protinut, the flour and the egg whites
  - > Spread the mixture on a baking sheet on which you will spread baking paper
- 2. Topping:
  - > After removing from oven, spread the Protifruit on the biscuit, and roll it

### PROTIFRUIT



Exists in 3 flavors: Apple, Apple-banana, Apple-prune

### PROTINUT (Plain)



**Chef's tip**  
You can also fill your roulé with some crèmes HP/HC  
Chocolate Cremeline for more greed..