

Strawberry Pinwheels

Serving Size: 1 inch slice

Serves: 10

Ingredients

1 cup sifted cake flour
1½ teaspoons baking powder
¼ teaspoon salt
2 eggs
¾ cup powdered sugar
½ teaspoon vanilla extract
½ cup 2% milk
1 cup sugar free strawberry fruit spread
Splenda as desired for garnish

Directions

Preheat the oven to 375 degrees. Line a 10x15 inch flat cake pan with parchment paper. Sift together the flour, baking powder and salt. Set aside. In a large bowl, beat the eggs and sugar with an electric mixer until thick and pale, about 5 minutes. Stir in the vanilla and milk. Gradually stir in the dry ingredients. Pour into the prepared pan to make a thin layer. Bake for 8 to 10 minutes in the preheated oven, until the center springs back when pressed lightly. Don't over bake, or it may crack. Turn the cake out onto a clean dish towel and peel off the parchment paper. Gently roll up the cake using the towel, and let cool for about 10 minutes. Unroll the cake, and spread an even coating of strawberry fruit spread onto the top. Roll the cake back up into a tight spiral removing the towel as you roll. Sprinkle with Splenda before serving.

Exchanges per serving:

1 Starch, 1½ Fruits

Nutrients per serving:

Calories: 199
Calories from fat: 11
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 38mg
Sodium: 102mg
Carbohydrate: 36g
Dietary Fiber: 0g
Protein: 3g