

# Sponge Cake

This base uses the creaming method

## Ingredients

- 200 g egg, whole (4 whole eggs)
- 2 g sea salt
- 10 g butter (melted, or other liquid oil)
- 400 g sugar, granulated
- 250 g milk, whole
- 240 g wheat berries, soft
- 12 g baking powder

## Directions

1. Preheat your oven to 325 F
2. Mill the grains into fine flour.
3. Grease a large baking pan with sides and set aside or use parchment paper to line the pan.

### CREAMING METHOD:

5. In a large mixing bowl, beat together eggs, vanilla, extract, salt, oil or melted butter, and sugar until the mixture is light and fluffy.

### INCORPORATE WET AND DRY INGREDIENTS:

7. Gradually add milk to the mixture above, mixing well.
8. In a separate bowl, combine flour and baking powder with a whisk.
9. Slowly add the dry ingredients to the wet ingredients, mixing until just combined. Be careful not to over-mix.

### BAKE:

11. Pour the batter into a prepared cookie sheet or baking pan.
12. Bake in a preheated oven for 20 minutes or until a toothpick inserted into the center comes out clean, or until the cake has reached 180 degrees F (if baking to temperature, which is recommended for best results).

## Notes

## Sugar Swaps (Liquid Sweeteners)

When using liquid sweeteners, consider baking at **325°F** to avoid over-browning.

### Honey

- Use **1½ cups honey**
- Increase flour to **320 g**

### Coconut Syrup / Nectar

- Use **2 cups**

- Reduce liquid to **1½ cups (180 g)**
- Add **½ tsp lemon juice or vinegar** for leavening

### Maple Syrup

- Use **1½ cups**
  - Increase flour to **330 g**
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## Whole-Food Sweeteners

These increase density and change flavor.

### Bananas

- Replace sugar with **2 cups mashed ripe bananas**
- Reduce milk to **1¾ cups (210 g)**
- Pairs well with cinnamon, nutmeg, nut butters, chocolate

### Date Paste

- Use **2 cups date paste**
- Reduce milk to **1¾ cups (210 g)**
- Adds rich caramel notes

### Date Sugar

- Use **400 g (≈1¾ cups)**
- Consider increasing liquid to **2¾ cups**
- Texture may be grainier unless blended first

### Date Syrup

- Use **1½ cups**
- Reduce liquid to **1¾ cups (210 g)**

Note: Date sweeteners darken the cake and may not appeal to picky eaters.

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# Liquid Swaps

## Milk Alternatives

- Coconut, almond, oat, rice, or other plant milks
- Changes flavor slightly
- Makes the cake vegan (if eggs are also replaced)

## Fruit Juice

- Lemon or orange for citrus sponge
- Cranberry for a bold, tart base

## Coffee or Tea

- Coffee → mocha sponge
- Earl Grey → floral, mature profile
- Chai → warm spice cake
- Green tea / matcha → pairs well with pistachio

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# Egg Adjustments

- **More yolks** → richer sponge
- **More whites** → lighter, fluffier sponge

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# Flavorings & Mix-Ins

## Extracts

- Vanilla, almond, citrus, chocolate, peppermint

## Cocoa Powder

- Use  $\frac{3}{4}$  cup cocoa powder
- Reduce flour to **210 g**

## **Spices**

- Cinnamon, cardamom, anise, fennel

## **Grated Vegetables**

- Carrot or zucchini
- Squeeze out moisture or reduce liquid accordingly