

Energy cake

Sweet

level 

 12

 70 min



TIP:

Use convenience cakes or biscuits as an alternative, e.g. marble cake or waffles: sprinkle 1-3 teaspoons Fresubin Protein Energy DRINK over it and leave to soak for up to an hour.

Ingredients

300 ml	Fresubin Protein Energy DRINK - any flavour
200 g	butter
200 g	sugar
4	eggs
200 g	flour
10 g	baking powder
	some finely crushed breadcrumbs
300 ml	orange juice
100 g	icing sugar
	roasted almond flakes

For sprinkling

chopped pistachios/ cocoa powder/ icing sugar

Nutritional information per serving:

Energy	360 kcal
Protein.....	7.0 g
Fat	18.0 g
Carbohydrate	43.0 g
Fibre.....	0.8 g



Alternative products:

Fresubin® Original DRINK
Fresubin® Energy/Fibre DRINK
Fresubin® 2 kcal/Fibre DRINK
Fresubin® Energy Fibre DRINK

Preparation

Gradually beat the butter with the sugar and eggs until fluffy. Mix the flour with the baking powder and fold into mixture. Pour mixture into a greased spring form (26 cm) that has been dusted with finely crushed breadcrumbs and bake for 40 to 45 minutes at 200 °C. After baking, carefully remove the ring, cut 1 cm off the top of the cake and close the spring form again. Mix the orange juice with the icing sugar.

Pour in Fresubin Protein Energy DRINK, heat and immediately spread over the hot cake. If the liquid only soaks into the cake slightly, take a fork and prick the cake so that the liquid spreads out better. Let everything cool down, carefully remove the ring from the spring form and cover the edges of the cake with roasted almond flakes. If necessary, cover the cake with chocolate or plain icing. Depending on how much liquid was soaked up by the cake, the rest of the liquid might form a natural icing on to which chopped pistachios, cocoa powder or icing sugar can be sprinkled.