

# Sponge Fingers for Trifles

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*This is a fantastically easy recipe for making sponge fingers at home. With only four ingredients, you won't buy sponge fingers again!*

## Ingredients:

4 eggs  
150g caster sugar  
100g plain flour  
½ tsp. baking powder

## Directions:

1. Preheat the oven to 200C/gas mark 6, and line two baking trays with greaseproof paper.
2. Place the egg whites into a bowl and whip them until they begin to form stiff peaks. Add in half of the caster sugar and continue beating until they stiffen up and the sugar is dissolved.
3. In a separate bowl, whip the egg yolks with the remaining sugar until pale and glossy.
4. Fold half of the egg whites into the egg yolks and then mix in the flour and baking powder. Fold in the remaining egg whites and mix everything together until well combined.
5. Arrange the biscuit mixture onto the baking tray in lines, leaving some room in between each biscuit so that they can expand.
6. Bake them for eight minutes and then leave the biscuits to cool before using in a recipe.

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