



Long Livo

Heart Cake Roll

A light, airy sponge cake rolled into a heart shape and filled with silky vanilla cream, ideal for special occasions.

20 min

Prep time

8

Servings

15 min

Cook time

Medium

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup all-purpose flour
- ☐ 1 cup granulated sugar
- ☐ 4 large eggs, separated
- ☐ 1/4 cup melted butter, cooled
- ☐ 2 tbsp milk

- ☐ 1 tsp vanilla extract

- ☐ 1 tbsp lemon juice

For the Filling

- ☐ 1 cup heavy cream
- ☐ 2 tbsp powdered sugar
- ☐ 1 tsp vanilla extract

Instructions

- 1 Preheat the oven to 350°F (175°C). Line a 10×15-inch jelly roll pan with parchment paper and lightly grease.
- 2 In a clean bowl, whisk egg whites until soft peaks form; gradually add half the sugar and continue whisking until glossy stiff peaks appear.
- 3 In another bowl, beat egg yolks with remaining sugar, then stir in melted butter, milk, vanilla, and lemon juice.
- 4 Gently fold the egg white mousse into the yolk mixture, then sift flour over and fold just until incorporated.
- 5 Spread batter evenly in the pan; bake 12-15 minutes until the surface is lightly golden and springs back when touched.
- 6 While the cake rests, whip heavy cream with powdered sugar and vanilla until soft peaks form.
- 7 Turn the warm cake onto a clean kitchen towel dusted with powdered sugar, peel off parchment, and roll gently with the towel to shape. Let cool completely.
- 8 Unroll, spread the whipped cream, re-roll tightly, and trim the ends. Dust with extra powdered sugar and serve.

Nutrition per serving

280 kcal

Calories

5 g

Protein

38 g

Carbs

9 g

Fat

Tips & notes

- If the sponge cracks, let it cool completely before attempting to roll; a warm towel helps relax it.
- For extra flavor, stir a pinch of cinnamon into the whipped cream – it pairs nicely with the vanilla.
- Keep the cake refrigerated if not serving within two hours.