

MO's RECIPE

2:1 RATIO



125.45 g fat
32.24 g protein
30.04 g CHO
Kcal: 1378

YULE LOG



- 176g Eggs
- 15g Cocoa – BOURNVILLE
- 36g Plain flour - McDOUGALLS
- 202g Double cream – MORRISONS
- 40g NATVIA icing sweetener

You will also need ½ teaspoon of BARKAT baking powder.

Pre heat oven to 190 c / fan 170 c / gas 5.

Line and grease an 8"x 11" Swiss roll tin.

Separate the eggs, whisk the white until just stiff.

Whisk the yolks with the sweetener until as fluffy as possible.

Stir in the sieved flour, cocoa and Barkat, then fold in the egg white.

Place into the lined tin and smooth over as evenly as possible.

Cook in pre heated oven for approximately 20 minutes.

Remove from oven, after two minutes (leaving the lining paper) roll the sponge up and leave to cool.

When cold, gently unroll and spread with the whipped cream and then re-roll. This helps with cracking, but if it does crack don't worry it will still be OK!

This divides into 10 slices. Each slice is: 12.5g fat / 3.2g protein / 3g CHO

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION