

Festive Yule Log



2.6:1 ratio

- **Preparation time:** 30 minutes
- **Cooking time:** 10 minutes
- **Recipe makes** 8 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	per 1 portion		per 8 portions		
Fat	15.5g	13g LCT	124.3g	104.3g LCT	
		2.5g MCT		20g MCT	
Protein	4.2g		33.4g		
Carbohydrate	1.8g		14.6g		
Energy (calories)	164kcal		1311kcal		



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Ingredients	Quantity	Your recipe
Butter, room temperature	25g	
Sweetener e.g. Sukrin® gold	14g	
MCTprocal®	32g	
Carbohydrate free baking powder e.g. Barkat	3g	
Ground almonds	64g	
Chocolate powder e.g. Dr Oetker Fine Dark 100%	3g	
Egg, beaten	25g	
Water	50g	
keyo®	150g	
Sugar-free icing sugar, sieved e.g. Sukrin® Melis icing sugar	30g	

Method:

1. Pre heat oven to 200°C/180°C fan/gas mark 6.
2. In a bowl, add butter and sweetener, beat with a spoon for 1 minute until fluffy.
3. Add **MCTprocal®**, baking powder, ground almonds and chocolate powder, use fingers to rub the mixture to a sandy texture.
4. Add egg and water, beat until a smooth batter is formed.
5. Line a 30x20cm baking tray with non-stick baking paper and evenly spread sponge mixture to cover.
6. Bake in the oven for 8 to 10 minutes. Lay another sheet of baking paper onto a clean worktop.
7. Remove from the oven and place the sponge face down onto new baking paper and remove the tray. Allow the cake to cool.
8. Carefully peel off the baking paper on top of the sponge.
9. Spread a full pot of **keyo®** evenly on top of the sponge.
10. Take one of the shortest edges of the sponge and using the baking paper underneath, roll up the sponge tightly, making sure the filling stays inside. Roll the sponge off the parchment on to a plate.
11. When rolled dust with sugar-free icing sugar, add Christmas decorations on top.

keyo® and **MCTprocal®** are foods for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.

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