

Vanilla Swiss Roll



2.8:1 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	15.2g	12.7g LCT	121.5g	101.5g LCT	
		2.5g MCT		20g MCT	
Protein	3.7g		29.2g		
Carbohydrate	1.7g		13.5g		
Energy (calories)	158kcal		1264kcal		



Enhancing Lives Together

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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	
Egg, beaten	25g	
Water	50g	
Vanilla essence	3 drops	
Keto Jam e.g. Matthew's Friends Jam*	6g	
K·Yo™ Vanilla	100g	
Double cream, whipped, e.g. Morrison's or Tesco	25g	
Sugar-free icing sugar, sieved e.g. Sukrin® Melis icing sugar	5g	

*<http://www.matthewsfriends.org/wp-content/uploads/2015/10/Keto-Raspberry-Jam.pdf>

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®**, carbohydrate-free baking powder and ground almonds, use fingers to rub the mixture to a sandy texture.
4. Add egg, water and vanilla essence, beat until a smooth batter.
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 lay another sheet of baking paper onto the top of the sponge and flip the baking tray over onto a worktop. Allow the cake to cool.
8. Carefully peel off the baking paper on top of the sponge.
9. In a bowl, add **K·Yo™** and cream, mix well.
10. Spread Matthew's Friends jam and **K·Yo™** and cream mixture over the sponge.
11. 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.
12. When rolled dust with sugar-free icing sugar.

K·Yo™ 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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