



Yule Log Protein Cake

Courtesy of ProteinPow.com

Ingredients

- Liquid egg whites 1 cup
- Oats (gluten-free or regular) 1/2 cup
- Cocoa powder 1/4 cup
- Chocolate whey protein powder 1/4 cup
- Cottage cheese (optional but nice for extra moisture) 2 tbsp
- Baking powder 1/2 tsp



Directions

1. Blend all the cake ingredients until well-combined. Bake in a medium-sized square silicone pan at 320 degrees F (160 C) for around 12-18 minutes, or until an inserted knife comes out clean.
2. Allow the cake to cool before very carefully slicing it in half *horizontally*. Then make your filling and spread it on top of the cake.
3. Roll the cake and cover with frosting, using a large knife to spread the frosting onto the cake.

Option 1: Cookies and Cream Protein Filling

Ingredients

- Cookies and cream casein 1/2 cup
- Milk (cow, almond, or coconut) 1/4 cup

Directions

1. Blend the casein with the milk until you get a smooth mix. If you want it creamier still, add some cream cheese to your mix.
2. Spread the filling on the cake and roll it.

Option 2: Strawberry Protein Filling

Ingredients

- Cookies and cream casein 1/2 cup
- Milk (cow, almond, or coconut) 3/4 cup
- Freeze-dried strawberries 2 tbsp

Directions

1. Blend the casein with the milk until you get a smooth mix. If you want it creamier still, add some cream cheese to your mix.
2. Spread the filling on the cake and roll it.

Option 3: Chocolate Protein Frosting

Ingredients

- Chocolate casein protein powder 1/2 cup
- Milk (cow, almond, or coconut) 3/4 cup
- Cocoa powder 2-3 tbsp

Directions

1. Blend the casein with the milk and cocoa until you get a smooth mix.
2. Using a large knife, spread the frosting onto your cake. Roll it. Decorate with some coconut flakes, cranberries, or whatever you fancy!

Nutrition Facts

Serving size: 1 slice with cookies and cream filling

Recipe yields 8 servings

Calories 76

Fat 2 g

Carbs 5 g

Protein 10 g