



Courtesy of Anna Sward @proteinpow.com

## Yule Log Protein Cake

### 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!