



Weight Loss Done Right!

Christmas Log Cake

Cake Ingredients:

- 2 packets Golden Pancake mix
- 3 tbsp. water
- 4 egg whites

Vanilla Glaze and Chocolate Topping Ingredients:

- 1 packet Vanilla Pudding Mix
- 1 packet Dark Chocolate Pudding Mix

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Whip egg whites in a bowl until thick.
3. In a separate bowl, add both packets of pancake mix and water, mixing together.
4. Add the whipped eggs and mix until it reaches a smooth consistency.
5. Line a baking sheet with parchment paper and pour the cake mix onto the sheet.
6. Bake for 8-10 minutes.
7. While the cake is baking, prepare toppings.
8. Mix chocolate pudding with 100ml of water.
9. When cake is done baking, remove parchment paper and flip it into a sheet of plastic wrap.
10. Pour chocolate pudding mix over the cake and spread evenly.
11. Roll the cake using the plastic wrap.
12. Place the cake roll in the freezer for 1 hour.
13. Remove the plastic wrap.
14. Add Vanilla Pudding mix to 100ml of water.
15. Drizzle glaze on the roll.
16. Cut in diagonal slices to complete the log design.
17. Enjoy!

Servings:

Makes 4 servings, equal to one protein packet.

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