



Choco-Raspberry Christmas Log

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique



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PORTIONS: **10**

PREPARATION: **15 MINUTES**

COOKING: **12 MINUTES**

INGREDIENTS

- 105 g (3/4 cup) all-purpose flour "[La Merveilleuse](#)"
- 30 g (1/3 cup) cocoa*
- 5 ml (1 tsp) baking powder
- Pinch of salt
- 3 medium eggs (135 g), separated
- 2.5 ml (1/2 tsp) cream of tartar
- 160 g (1/2 cup) maple syrup
- 75 ml (5 tbsp) water
- 5 ml (1/2 tsp) vanilla
- 185 g (3/4 cup) raspberry jam
- Confectioners' sugar

PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. In a bowl, sift together the flour, cocoa, baking powder, and the salt. Make a well in the middle and add the egg yolks, maple syrup, water and vanilla. Beat with an electric mixer at maximum speed, or with a stand mixer using the flat beater at medium speed, for about 5 minutes.
3. In another bowl, beat the egg whites. Start on slow, add the cream of tartar, then beat at maximum speed until stiff peaks form.
4. Using a spatula, gently fold the egg whites into the batter.
5. Evenly spread the mixture on a cookie sheet covered with parchment paper, forming a 25 cm x 35 cm (10" x 14") rectangle.
6. Bake on the middle rack for 12 to 13 minutes, or until a pressed finger leaves no mark.
7. Unmold onto a dishcloth that has been sprinkled with confectioners' sugar. Gently remove the parchment paper. Roll the cake, not too tightly, then let rest 4 minutes.
8. Unroll the cake, spread with raspberry jam, then roll it back up. Place on a serving plate, sprinkle with confectioners' sugar, or choose an icing of your own! Suggestion: [Seven-minute Icing](#)



TIP

[SEVEN MINUTES ICING >](#)

***Cocoa:** I strongly recommend weighing the cocoa, as I've seen how different brands have different densities. For example, for 80 ml (1/3 cup) of cocoa from two different brands, one gave me 30 g and the other, 23g. Cocoa plays a thickening role in the icing; the amount makes a crucial difference.

NUTRITION FACTS

Per portion	150 Calories
Fat: 2 g	3 %
saturés 0,5 g	
trans 0 g	3 %
Polyunsaturated: 0,4 g	
oméga-6: 0,2 g	
oméga-3: 0,1 g	
Monounsaturated: 0,8 g	
Cholesterol: 50 mg	
Sodium: 65 mg	3 %
Carbohydrate: 33 g	11 %
fibres: 1 g	4 %
sucre: 22 g	
Protéines: 3 g	
Vitamin A	2 %
Vitamin C	20 %
Calcium	6 %
Iron	8 %
Magnesium	10 %
Manganese	45 %
Riboflavine	20 %