

# Life's sweet with *sweetlife*<sup>®</sup>

## Recipes

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Happy Birthday / Anniversary

Celebration Cake



Sugar Free Icecream



Sugar Free Chocolate Mousse

## sweetlife Yule Log (Bûche de Noël)

### Ingredients for Cake, Filling and Frosting:

250 gms unsalted butter, room temperature  
300 ml cream  
180 gms sweetlife chocolate bake mix Chocolate Fudge Brownie mix  
1/4 cup plus 1 teaspoon PerfectSweet<sup>®</sup>  
1/4 cup plus 1 tablespoon pure cocoa  
2 teaspoon vanilla extract

### Ingredients for Cake:

50 gms unsalted butter	1/4 cup cream
180 gms sweetlife chocolate bake mix Chocolate Fudge Brownie	1 teaspoon baking powder
2 eggs	1 teaspoon vanilla extract

### Method for Cake:

Line baking tray with baking paper and grease baking paper with butter.  
Beat 50gms of butter with 1/4 cup of sweetlife bake mix Chocolate Fudge Brownie Mix.  
Stir in remainder of sweetlife bake mix and baking powder.  
Add 1/4 cup of cream, vanilla extract and eggs. Beat well for 2 minutes.  
Spread mixture on paper lined tray and bake for 15 minutes at 160°C.  
Dust a fresh piece of baking paper with 1 tablespoon pure cocoa.  
Invert cake onto paper and roll up.  
Set aside to cool.  
*Optional:* Cut off a 5 cm strip before rolling up cake. Cut strip in half and make two miniature rolls for branches.

### Ingredients for Filling:

1 cup cream  
1 teaspoon PerfectSweet<sup>®</sup> (or to taste)  
1 teaspoon vanilla extract

### Method for Filling:

Whip cream and just before soft peak stage, add PerfectSweet<sup>®</sup> and vanilla extract.  
Unroll cooled cake and spread on cream filling. Re-roll cake and set aside in cool place.

### Ingredients for Frosting:

200 gms unsalted butter  
1/4 cup PerfectSweet<sup>®</sup>  
1/4 cup pure cocoa

### Method for Frosting:

Beat butter and PerfectSweet<sup>®</sup> until pale and creamy, beat in cocoa.  
Cover log (and optional branches) with frosting and mark to resemble bark of tree. Decorate with sprig of holly or Christmas decoration. Keep refrigerated until serving.



VERY LOW GI

- Gluten Free
- Sugar Free
- Create a variety of desserts

sweetlife bake mix Chocolate Fudge Brownies is such a versatile bake mix our recipe tester has come up with a fabulous low sugar, low GI, flourless Yule Log that we believe tastes even better than the original. It has only 0.9g sugar per 100g and is all natural and delicious.

### The Yule Log

There is a custom that on Christmas Eve an enormous log of freshly cut wood called the Yule Log would be fetched and carried to the house with great ceremony. On Christmas Eve, the master of the house would place it on the hearth, make libations by sprinkling the trunk with oil, salt and mulled wine and say suitable prayers.

In some families, the young girls of the house lit the log with splinters from the preceding year which they had carefully tucked away. In other families, the mother had this privilege.

It was said that the cinders of this log could protect the house from lightning and the malevolent powers of the devil. Choices about the variety of wood, the way in which it was lit and the length of time it took to burn constituted a genuine ritual which could vary from region to region. The custom, which dates back to the XIIth century, was known in most European countries, notably in France and in Italy where the Yule log was called a ceppo. This tradition persisted in Quebec as it did in France up until the last quarter of the XIXth century.

Its disappearance coincides with that of great hearths which were gradually replaced by cast-iron stoves. The great log was thus replaced by a smaller one, often embellished with candles and greenery, placed in the centre of the table as a Christmas decoration.

Today, the Yule Log has become a traditional pastry, a delicious cake roll, smothered in coffee or chocolate-flavoured icing and decorated with sugared holly leaves and roses.