

Gingerbread Christmas Log

Prep: 20 mins • Cook: 12 mins • Serves: 12

A twist on the traditional yule log, this version is made without chocolate or dried fruit making it a great low potassium festive indulgence suitable for everyone. .

Ingredients

50g unsalted butter
 50g treacle
 50g golden syrup
 2 balls stem ginger, jar
 2 tablespoons stem ginger syrup
 4 large eggs
 100g dark muscovado sugar
 100g plain flour
 1/2 teaspoon baking powder

2 teaspoons ground ginger
 2 teaspoons ground cinnamon

Icing

200g unsalted Butter, softened
 250g Icing sugar
 2tsp vanilla extract
 3 tablespoons stem ginger syrup
 Additional butter for greasing

Carbohydrate The carbohydrates in this recipe come mainly from the refined sugars and flour. The total carbohydrate value has been provided for those who are trained in insulin adjustment.

Phosphate/potassium This cake is low in both potassium and phosphate but full of flavour from the ginger and spices.

Protein This Christmas log is a suitable treat if you are on a low protein diet.

Special diets

Gluten free: Use gluten free flour.

Healthier option Like many cakes this is high in refined sugar and should be eaten as an occasional treat and portion sizes should be kept small.

Storage Once made the log can be kept in a sealed container for up to 5 days. To freeze simply re-roll in the parchment, then in foil and freeze for up to two months. Defrost at room temperature before serving.

Tips If you don't have an icing bag, trying using a plastic sandwich bag and snip off one corner to make a hole about 1cm wide.

Special occasion

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
47g	Carbohydrate	350Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Lizzie Morey

With a little effort this is a festive showstopper! Full of the sweet festive flavours of ginger, cinnamon, and vanilla.



Heat oven to 190C /gas mark 5. Grease 20 x 30cm Swiss roll tin, then line and grease the parchment. Put the treacle, syrup, butter and grate the stem ginger in to a pan, heat until melted and stir to combine, then set aside to cool.



Whisk eggs and sugar for 10 mins using an electric whisk until doubled in size and it holds a ribbon trail from the beaters for 3 secs. Sift in flour, baking powder and spices. Pour melted butter down the sides of the bowl into mixture.



Fold mixture together. When just combined, pour into the Swiss roll tin and ease it into the corners. Bake for 12 mins until just cooked. While cooking, lay a large sheet of baking parchment, on your work surface and dust with a little sugar.



Turn onto the parchment. Use a knife to score a line 2cm from the short edge. Do not cut all the way through. Gently roll from the scored end, keeping parchment between the layers. Leave to cool to set the shape.



Whisk icing ingredients until smooth and fill piping bag with round nozzle. Unroll the sponge and drizzle with ginger syrup. Pipe a layer of icing on inside of the roll and spread. Re-roll tightly and slice off both ends for a neat finish.

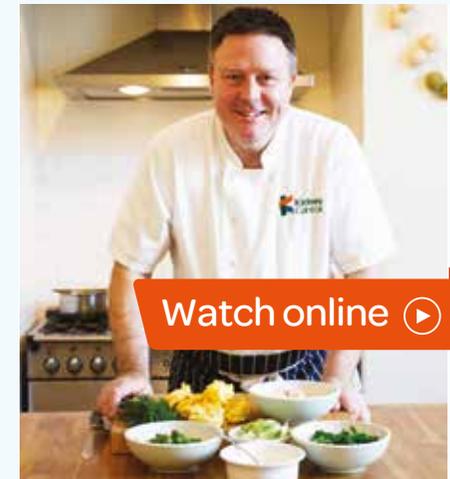


Place the log on a serving plate or board. Use the remaining icing to pipe a thick layer over the top of the sponge, zigzagging backwards and forwards to create a pattern. Decorate with white pearl sprinkles if you like.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

Get in touch with Kidney Care UK

info@kidneycareuk.org

01420 541 424

(Lines open 9am-5pm, Mon- Fri)

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