

Winter Cream-Filled Energy Logs

(No-Bake • Vegan • Gluten-Free)

Soft almond–date logs with a light creamy center, gently flavored with **cocoa or coffee**.
Simple ingredients, calm hands, winter mood.



Ingredients

Log Base

- 1 cup almond flour
- 8–10 soft dates, pitted
- 2 tbsp coconut oil (soft)
- **1 tbsp cocoa powder OR 1 tsp instant coffee**
- Pinch of salt
- 1–2 tbsp water or plant milk (if needed)

Flavor note:

Cocoa → softer, chocolatey

Coffee → deeper, more grown-up

Creamy Filling

- ½ cup **solid coconut cream** (from a chilled can)
- 1–2 tbsp maple syrup or date paste (optional)
- ½ **tsp cocoa OR a pinch of coffee** (optional)
- Pinch of salt

✨ Optional: orange zest, crushed nuts, or seeds



How to Make

1 Make the filling

Whip coconut cream with sweetener (if using), cocoa or coffee, and salt until smooth and fluffy.

Chill **20–30 minutes** so it firms up.

2 Make the dough

Blend dates into a smooth paste.

Add almond flour, coconut oil, cocoa or coffee, and salt.

Blend until soft and moldable. Add a little liquid if needed.

3 Flatten, fill, roll

Place the dough on a sheet of parchment paper, cover with another sheet, and roll into a thin rectangle (about **½–1 cm thick**).

Remove the top parchment. Spread the filling evenly, leaving a small clear edge along one long side.

Using the parchment underneath, lift and roll the dough forward, keeping the roll tight and even.

If small cracks appear, gently press them back together.

Wrap the log in parchment and chill for 20–**30 minutes** to set.

✨ Finishing Touches (Choose a Mood)

- Powdered sugar → falling snow
 - Cranberries or pomegranate → winter berries
 - Rosemary or pine needles (*decor only*) → forest scent
 - A few rune symbols drawn lightly in cocoa
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🔥 Winter / Yule Moment

Before slicing, pause together.

Invite everyone to share **one wish, promise, or cozy thought** — just like runes once carved into the Yule log and entrusted to the fire.