

Pumpkin Roll

1 cup almond meal
1 tsp baking powder
2 tsp cinnamon
1 tsp ginger
½ tsp nutmeg
½ tsp allspice
¼ tsp salt
1 ½ tsp unflavored gelatin powder
¾ cup Splenda
1 cup canned pumpkin
4 eggs
¼ cup canola oil
½ cup water
1 8 oz pkg light cream cheese, softened
1 tsp vanilla
¼ cup sugar-free maple syrup

Preheat oven to 375°F. Prepare pan – spray a 10X15 inch jelly roll pan with non-stick spray, line with parchment paper, spray the top of the parchment paper.

Mix dry ingredients well. Add pumpkin, eggs, oil and water and beat for 2-3 minutes. Pour into prepared pan. Reduce oven heat to 350°F. Bake for about 15-18 minutes, until toothpick comes out clean. Do not overbake..

Cool in pan for about 5 minutes. Then, cover the pan with a clean dish towel and flip over. Carefully peel off the parchment paper. Then roll the cake up in the dish towel, starting with a long side (so the cake will be long and thin). Let cool for 10-15 minutes.

Mix the cream cheese, vanilla, and syrup together. Unroll cake. Don't force it to flatten completely. Spread filling on cake and roll the cake back up. Cool completely in refrigerator before serving. Slice into 15 slices and serve.

Nutrition information per serving: 130 calories, 4 grams protein, 10 grams fat, 6 grams carbohydrate, 207 mg sodium.