

Vegan Chocolate Swiss Roll

Yield: 10 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-vanilla-swiss-roll-recipe>

Ingredients:

- dough Chocolate
- 3/4 cup almond meal
- 3/4 cup oat flour gluten-free if desired
- 10 medjool dates pitted
- 1/4 teaspoon vanilla bean ground
- 1/4 cup raw cacao powder
- 3 tablespoons water
- whip cream Coconut
- 1 coconut cream chilled can full fat, only the hard part
- 1 tablespoon maple syrup
- 1/4 teaspoon vanilla extract
- chocolate
- 200 grams vegan chocolate melted dark
- 1/8 cup coconut oil melted
- 1/2 cup raw cacao powder
- 3 tablespoons maple syrup
- desiccated coconut
- almonds Crushed

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 5 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 9 grams
8. Sodium: 60 milligrams
9. Sugar: 21 grams

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