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## **Red Velvet Protein Cake**

### **Cake Ingredients**

Chocolate protein powder 80 g  
Organic stevia blend 1/3 cup  
Coconut flour 1/4 cup  
Tapioca starch 1/4 cup  
Unsweetened natural cocoa powder 2 tbsp  
Baking powder 1 tsp  
Baking soda 1/2 tsp  
Salt 1/4 tsp (optional)  
Roasted beets 250 g (2 medium)  
Nonfat plain Greek yogurt 1/2 cup  
Egg whites 1/2 cup (4 large)  
Unsweetened applesauce 1/2 cup  
Vanilla extract 1 tbsp  
Apple cider vinegar 2 tsp.  
Butter extract 1 tsp. (optional)

### **Frosting Ingredients**

Whipped Greek cream cheese 6 oz.  
Confectioner's erythritol (or sweetener of choice) 1/3 cup  
Vanilla extract (optional) 1/2 tsp

### **Directions**

1. Preheat oven to 400 F.
2. Scrub and trim two medium beets, and wrap in tin foil. Place in a baking dish and bake for 1-1/2 to 2 hours until pierced easily with a fork (the longer you bake, the more the natural sugars develop and the sweeter your beets will taste). This step can be done up to a day in advance.
3. Reduce oven temp to 350 F.
4. Scrape off outer skins of your beets and add to blender along with yogurt, egg whites, and other wet ingredients. Blend until smooth.
5. In a medium mixing bowl, whisk together dry ingredients: protein powder, sweetener, flour, starch, cocoa, baking soda, baking powder, and salt.
6. Add beet mixture from blender to dry ingredients and mix until no clumps remain.
7. Lightly coat two 6-inch ramekins or Pyrex bowls or one 9-inch cake pan with cooking

- spray.
8. Pour batter into prepared vessels and place in preheated oven.
  9. Bake for 35-45 minutes until a toothpick or knife inserted comes out clean.
  10. While cakes cool, combine frosting ingredients and place in the fridge for 15-20 minutes.
  11. Frost cakes and garnish with chocolate shavings if desired.
  12. Store in the fridge in an airtight container up to one week, or in the freezer up to one month.

**Nutrition Facts**

Serving size: 1 slice (including frosting and optional items)

Recipe yields 8 servings

Calories: 151

Fat: 4.0 g

Carbs: 15 g

Protein: 14 g