



Information. Motivation. Supplementation.

Recipe 1: Quinoa Protein Carrot Loaf

- 1 ¾ cups whole wheat flour
- 2/3 cup quinoa flour
- 2 tsp. xanthan gum
- 2 tsp. baking soda
- ¼ tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 whole egg
- 2 egg whites
- 1 cup sugar substitute
- ¼ cup brown sugar/substitute
- ¼ cup olive oil
- 3 cups shredded carrots
- 2/3 cup buttermilk
- ¾ cup raisins (if desired)
- 8 oz. ultra low fat cream cheese
- 1 scoop vanilla protein powder
- 1 tsp. vanilla extract
- 2 cups sugar substitute
- ¼ cup skim milk if needed to achieve desired consistency

Comment [d1]: Added a link to
<http://www.bodybuilding.com/store/opt/whey.htm>
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Preheat the oven to 350 degrees and spray a 9 X 13 inch pan with non-stick spray and set aside. Mix whole wheat, quinoa flour, baking soda, cinnamon, nutmeg and salt together.

In another bowl, begin beating eggs, egg whites, brown sugar, sugar substitute and oil with a mixer until well-blended.

Add in carrots, buttermilk and raisins and beat once more until well mixed. Add the flour mixture to it, blend together and pour into the pan.

Bake for 30-35 minutes, or until a toothpick comes out clean and set aside to cool.

Combine cream cheese, protein powder, sugar substitute and vanilla extract with an electric mixer. Add in milk, which is necessary to thin out the icing until desired consistency is reached.

Spread icing on the cake when it cools.

