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## **Protein Carrot Cake With Cream Cheese Frosting**

### **Cake ingredients:**

Whole-wheat pastry flour, 1-1/2 cups  
Oat flour, 1 cup  
Coconut sugar, 1 cup  
Baking powder, 1 tsp  
NLA Her Whey Vanilla Cupcake, 3 scoops  
Cinnamon, 2 tsp  
Nutmeg, 1 tsp  
Ginger, 1/2 tsp  
Vanilla, 1 tsp  
Plain Greek yogurt, 2/3 cup  
Melted coconut oil, 2 tbsp  
Almond milk, 1-1/2 cups  
Grated carrots, 2 cups

### **Frosting ingredients:**

Neufchatel cheese, 4 oz.  
Low-fat cottage cheese, 1/2 cup  
NLA Her Whey Vanilla Cupcake, 2 scoops  
Almond milk, 1/4 cup  
Crushed walnuts, 1/4 cup (optional)

### **Directions:**

1. Combine all ingredients, excluding carrots.
2. Stir in carrots.
3. Pour into 9-inch cake pan
4. Bake at 350 degrees F for approximately 35-40 minutes.
5. Combine the ingredients for the frosting in a food processor or blender.
6. Frost the cooled cake. Top with walnuts.