



Healthy Protein-Packed Carrot Cake!

Cake Ingredients:

Gluten-free rolled oats 1 cup
Eggs 4 large
Raisins (or sultanas) 4 tbsp
Unflavored or vanilla whey protein powder 1/2 cup
Carrots, grated 4 (400 g)
Coconut sugar (or granulated Stevia) 3/4 cup
Vanilla extract 1 tbsp
Cinnamon 1 tbsp
Chopped walnuts to taste

Frosting Ingredients:

Low-fat cream cheese 4 containers
Vanilla whey protein powder 4 tbsp
Stevia 4 drops
Vanilla extract 1 tbsp

Directions:

1. Preheat your oven to 320 degrees F (160 C). In a bowl, combine the cake ingredients with a spoon.
2. Pour your batter into a brownie pan (I use a silicone one)
3. Bake for 15-20 minutes or until your cake feels *almost* done but not *done*-done. This is important, because as you may know by now, whey protein has a tendency to dry up cakes like nobody's business, so you *have* to take the cake out before it fully cooks through; otherwise, it might end up being hard.
4. Let the cake cool overnight.
5. To make the frosting, just whisk together the frosting ingredients and add it to the cake! Slice into squares or bars. Enjoy!

Nutrition Facts:

Serving size: 1 slice of cake
Recipe yields 12 servings

Calories 376

Fat 16.5 g

Carbs 35.4 g (3 g fiber)

Protein 22.1 g