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.

Nutrition Facts

Serving size: 1 slice
Recipe yields 12 servings

Calories 276
Fat 8 g
Carb 34 g
Protein 17 g