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Protein King Cake

Prep time: 20 min. Cook time 15 min.

Ingredients:

Dough:

1-3/4 cup (210 g) gluten-free flour blend (or all-purpose flour)
120 g unflavored or vanilla whey protein
2 tbsp stevia-erythritol sugar substitute blend (like Pyure brand)
4 tsp baking powder
2 tsp baking soda
1/4 cup softened light buttery spread
1/4 cup unsweetened almond milk (or milk of choice)
3 tbsp unsweetened applesauce

Filling:

1/3 cup chopped pecans
1/4 cup packed seedless raisins
1/4 cup packed Truvia brown sugar (or regular brown sugar)
2 tsp ground cinnamon
1/4 cup light buttery spread
60 g unflavored or vanilla whey protein
2 tbsp unsweetened almond milk (or milk of choice)

Frosting:

1/2 cup confectioners' erythritol (or powdered sugar)
1 tbsp light buttery spread
2 tbsp unsweetened almond milk (or milk of choice)
Purple, green, and gold sprinkles (optional)

Directions

1. Preheat oven to 375 degrees F.
2. Whisk together dry dough ingredients (flour through baking soda) in a large mixing bowl.

3. Add wet ingredients (buttery spread through applesauce) and mix until a soft dough forms. Set aside.
4. For the filling, combine pecans, raisins, brown sugar, cinnamon, and buttery spread in a small saucepan over medium heat, stirring until butter is melted.
5. Remove saucepan from heat and mix in protein powder and milk. Set filling aside.
6. On a lightly floured surface, roll dough into a 10x16-inch rectangle, cutting off jagged edges and pressing them into the center.
7. Spread filling over the dough rectangle.
8. Working from the 16-inch side, roll dough on top of itself to form a long roll (this is where you can hide the plastic baby).
9. Place roll in a lightly greased 9-inch round pan and pinch ends of dough together, forming a ring.
10. Make small slits around the top of the dough circle using a sharp knife.
11. Bake for 12-15 minutes until top is light golden brown.
12. While cake cools, mix together frosting ingredients until smooth. Spread frosting over cake and garnish with purple, green and gold sprinkles, if desired.

Serving size: 1 1/2-inch slice

Recipe yields 12 servings