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Applesauce Protein Cake

Ingredients

Vanilla or unflavored protein powder 90 g
Coconut flour 1/4 cup
Pyure organic Stevia blend 6 tbsp
Baking powder 1/2 tsp
Baking soda 1/4 tsp
Cinnamon, ground 1/2 tsp
Nutmeg, ground 1/4 tsp
Allspice, ground 1/8 tsp
Unsweetened applesauce 3/4 cup
Egg whites 1/4 cup
Chopped pecans 1/4 cup
Seedless raisins 1/4 cup
Salt (optional) 1/4 tsp

Directions

1. Preheat the oven to 325 degrees F.
2. Whisk together the dry ingredients in a medium mixing bowl.
3. Add the wet ingredients, and mix until combined.
4. Stir in the chopped pecans and raisins.
5. Pour the batter into a 7x5 or 8x6 baking dish lightly coated with cooking spray.
6. Bake for 30-40 minutes until the center is set but a toothpick or knife inserted comes out slightly dirty. (Overcooking will result in an overly dry cake).
7. Cut into 8 pieces and enjoy!
8. Store any leftovers in the freezer up to one month, and reheat them right before eating.

Nutrition Facts

Serving size: 1 square
Recipe yields 8 servings

Calories: 109

Fat: 3.9 g

Carbs: 10 g
Protein: 9 g