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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.