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Courtesy of Anna Sward of Proteinpow.com

### **Protein Red Velvet Cake Cake**

#### **Ingredients:**

1/4 cup of vanilla whey  
1/4 cup nonfat Greek yogurt  
1/2 liquid egg whites  
1 small cooked beet (55g)  
2 tbsp coconut flour  
1/4 cup buckwheat (or rolled oats)  
1 tsp of vanilla flavidrops (or your liquid sweetener of choice)  
1/2 tsp of baking soda  
\*1/2 tsp of red food coloring  
(\*If you want to go down this route)

#### **Topping Ingredients:**

1/4 cup of vanilla whey  
1/4 cup of nonfat Greek yogurt  
1/4 cup of ricotta

#### **Directions:**

1. First, blend all the cake ingredients using a handheld blender or food processor. Then, pour into either two large muffin pans like I did or into four muffin cases.
2. Bake at 350 F (176 C) for about 35-40 minutes or until an inserted knife comes out clean.
3. Let the cakes cool completely before you slice them horizontally into 3-4 layers.
4. Make your filling by mixing all the filling ingredients, sticking the mix into a piping bag, and adding it to the inside and top of the cakes.