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## **Cranberry Spice Protein Bundt Cake**

### **Cake Ingredients**

Unflavored or vanilla protein powder 90 g  
Almond flour 1/2 cup  
Truvia brown sugar blend 1/4 cup  
Pyure Organic Stevia Blend 1/4 cup  
Baking soda 1 tsp  
Ground cinnamon 1 tsp  
Ground nutmeg 1 tsp  
Ground ginger 1/2 tsp  
Ground allspice 1/4 tsp  
Unsweetened applesauce 1/2 cup  
Egg 1 large  
Vanilla extract 1 tsp  
Fresh or frozen cranberries 1 cup  
Salt 1/2 tsp (optional)

### **Rum Glaze Ingredients**

Vanilla protein powder 30 g  
Swerve confectioner's erythritol  
Unsweetened almond milk 2 tbsp  
Rum extract 1/8-1/4 tsp

### **Directions**

1. Preheat oven to 350 degrees F.
2. Lightly spray a Bundt pan or 8-9-inch cake pan with cooking spray and set aside.
3. Whisk together dry ingredients in a large mixing bowl.
4. Add wet ingredients and mix until combined. If batter is not a pourable consistency, add water or milk of choice.
5. Stir in cranberries, then pour batter into prepared pan.
6. Bake for 20-25 minutes until a toothpick or knife inserted comes out clean.
7. While cake cools, combine glaze ingredients, adjusting sweetener and rum flavoring to taste.

8. Spread or drizzle glazed over cake and enjoy! Can be stored in the fridge up to one week.

**Nutrition Facts**

Serving size: 1 slice (with glaze)

Recipe yields 8 servings

Calories: 143

Fat: 5.3 g

Carbs: 13 g

Protein: 13 g