



Protein Carrot Cake

Ingredients

- 1 Carrot, shredded
- 1/2 cup egg whites
- 1/2 cup fat-free yogurt
- 1/2 cup oat flour
- 1/2 tsp vanilla extract
- 3 scoops ESC protein powder
- 1/4 tsp cinnamon
- 1/2 tsp corn starch
- 1/2 tsp baking soda
- 1/4 cup stevia (adjust to taste)

For the Cream Cheese Frosting:

- 4 oz (113g) fat-free cream cheese
- 2 tbsp stevia (adjust to taste)
- 1/2 tsp vanilla extract

Directions

1. Preheat your oven to 350°F (175°C) and grease a round cake pan or line it with parchment paper.
2. In a mixing bowl, combine the shredded carrot, egg whites, and fat-free yogurt. Mix well until everything is evenly combined.
3. In a separate bowl, whisk together the oat flour, protein powder, cinnamon, corn starch, and baking soda.
4. Gradually add the dry mixture to the wet mixture, stirring until just combined. Be careful not to overmix; a few lumps are okay.
5. Gently fold in the vanilla extract and stevia, adjusting the sweetness to your preference.
6. Pour the batter into the prepared cake pan and smooth the top.
7. Bake in the preheated oven for about 25-30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
8. Once done, remove the cake from the oven and let it cool in the pan for a few minutes. Then, transfer it to a wire rack to cool completely.
9. For the cream cheese frosting, beat together the fat-free cream cheese, stevia, and vanilla extract until smooth and creamy.
10. Once the cake is completely cool, spread the cream cheese frosting evenly over the top.
11. Slice and enjoy your delicious Protein-Packed Carrot Cake!

Notes:

- If you prefer a thicker frosting layer, you can double the frosting ingredients.
- Feel free to decorate the cake with additional shredded carrots, chopped nuts, or a sprinkle of cinnamon on top.
- As always, you can adjust the sweetness and flavors to your liking.
- Enjoy your homemade Protein-Packed Carrot Cake!



Nutritional Facts	
Servings Per Batch	1
Serving Size	1 Slice
Amount per Serving	
Calories	275
Carbs	25g
Fat	2g
Protein	35g

*Nutritional Facts will vary depending on ingredients