# PROTEIN CARROT CAKE

## Ingredients:

- 1 cup oat flour
- 2 scoops of your favorite vanilla protein powder (I used Dotfit vegan vanilla)
- 2 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 4 organic egg whites
- 3/4 cup alternative sweetener (I used Stevia)
- 1 cup grated carrots
- 4 oz water




## Directions:

1. Preheat oven to 350 degrees.
2. Mix flour, protein powder, cinnamon, allspice, nutmeg, baking soda and salt together in a bowl.
3. Mix egg whites, sweetener, carrots and water in a bowl.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray 9x13 glass dish with non-stick spray.
6. Pour ingredients into dish.
7. Bake 20-30 minutes. Makes 10 servings.

**NUTRITION PER SERVING:**

Per serving: Calories 77, Carbs 10g, Protein 8g, Fat 1g

Reference: www.bodybuilding.com

ALLOY®