

Protein Carrot Cake



Perfect recipe for those looking to enjoy a dessert that is consistent with their weight loss approach. With a significantly reduced calorie content compared to commercial versions, this cake fits perfectly into the menu. In addition to its lightness, it is enriched with protein to support muscle health and promote satiety.

As someone who works out a lot, I love to enjoy this sweet touch after a meal to increase my protein intake for the day!

Enjoy!

Preparation 15 min

Cooking 50 min

Servings 8

Nutrition Facts (per serving)

Calories 155

Fat 1

Carbohydrates 24

Fibre 3

Protein 12

Sodium 95

Ingredients

- 125 ml (½ cup) unsweetened applesauce
- 125 ml (½ cup) plain Greek yogurt, 0%

- 125 ml (½ cup) egg whites (about 4 whites)
- 500 ml (2 cups) grated carrots
- 250 ml (1 cup) whole wheat flour
- 125 ml (½ cup) brown sugar
- 85 ml (? cup) chopped walnuts
- 85 ml (? cup) textured vegetable protein (TVP), grounded
- 7.5 ml (½ tbsp) baking powder
- 5 ml (1 tsp) ground cinnamon
- 2.5 ml (½ tsp) ground nutmeg
- A pinch of salt

For the frosting:

- 185 ml (¾ cup) plain Greek yogurt, 0%
- 30 ml (2 tbsp) powdered sugar
- 5 ml (1 tsp) vanilla extract

Preparation

1. Preheat oven to 350 °F (180 °C). Line a 20 cm (8-inch) round pan with parchment paper.
2. In a large bowl, combine applesauce, yogurt, cottage cheese and egg whites. Mix until smooth, then stir in grated carrots.
3. In a separate bowl, combine dry ingredients. Add to wet mixture and stir until smooth.
4. Pour into pan and bake for 45 to 50 minutes, until a toothpick inserted in the center comes out clean.
5. Meanwhile, in a small bowl, mix together glaze ingredients. Top with glaze when ready to serve.

Notes

Store in an airtight container in the refrigerator for 7 days. Freeze without glaze for up to 3 months.



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