

Protein Apple Cake



Here's a quick and easy dessert that everyone loves. Not only is it simple to make, but it's also more nutritious than similar options, with 8 g of protein per serving and significantly reduced sugar. A treat that's good for your heart and your health!

Enjoy!

Preparation 10 min

Cooking 50 min

Servings 8

Nutrition Facts (per serving)

Calories 160

Fat 2

Carbohydrates 28

Fibre 2,5

Protein 8

Sodium 80

Ingredients

- 250 ml (1 cup) sweetened applesauce
- 250 ml (1 cup) vanilla Greek yogurt, 0% M.F.
- 3 eggs
- 5 ml (1 tsp) vanilla extract

- 60 ml (¼ cup) brown sugar
 - 15 ml (1 tbsp) ground flaxseeds
 - 5 ml (1 tsp) ground cinnamon
 - 5 ml (1 tsp) baking powder
-
- 2 medium apples, diced

Preparation

1. Preheat the oven to 350 °F (180 °C).
2. In a large bowl, mix the applesauce, yogurt, eggs, and vanilla until smooth.
3. In a small bowl, combine the flour, brown sugar, flaxseeds, cinnamon, and baking powder. Gradually incorporate the dry ingredients into the wet mixture.
4. Fold in the diced apples gently.
5. Pour the batter into a 20 cm (8 in) square baking pan lined with parchment paper.
6. Bake for 50 minutes, or until a toothpick inserted in the centre comes out clean.

Notes

Store in an airtight container in the refrigerator for up to 5 days. Can be frozen for up to 3 months.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City