

HIGH PROTEIN Carrot Cake

Ingredients:

Cake

- 100g oat flour
- 400g whey protein powder
- 25g coconut flour
- 2 eggs
- 70ml liquid egg white
- 180g grated carrot
- 20g melted Dr Zak's coconut oil
- 100g Greek yoghurt
- 1 tbsp baking powder
- Sweetener (if/as desired)
- Sprinkle of cinnamon
- 80ml water

Frosting

- 250g Greek yoghurt
- 25g casein
- 1tbsp water



A good slice of carrot cake would usually ruin your macros... Well not anymore! Enjoy a mouth-wateringly tasty post-workout treat that is packed with a protein punch.

Cooking method

Cake

- 1 Preheat oven to 180 degrees Celsius.
- 2 Place all dry ingredients in a bowl.
- 3 Melt the coconut oil in the microwave.
- 4 Crack your eggs into the same bowl as the coconut oil.
- 5 Put the Greek yoghurt and water in that bowl too, and mix it all together.
- 6 After mixed, pour the wet ingredients into the dry ingredients bowl. and mix thoroughly. Add more water if needed.
- 7 Add the grated carrot and mix thoroughly again.
- 8 Place half the mixture in one baking tray, and the other half in another.
- 9 Place both trays in the oven and leave for 20 minutes. Stab with a fork to make sure it's cooked all the way through before serving.

Frosting (do this while the cake is in the oven)

- 1 Add all the frosting ingredients together and mix.
- 2 If you can feel the frosting become too thick, add more water to change the consistency to your preference.
- 3 Add a coat of frosting on top of each layer, and sandwich the layers to form your cake.

Serves: 4

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CALORIES

26g
PROTEIN

36g
CARBS

11g
FAT

