

Ginger & Orange Cake

Makes 16 slices

1 slice = 64 calories, 2.4 g fat, 3 g carbs, 8 g protein

Ingredients

- 4 scoops vanilla or natural whey protein powder
- 1/2 cup ground almond
- 2 tsp baking powder
- 1/4 tsp salt
- 2 tsp ground Ginger
- 1/4 tsp allspice
- 3 egg whites
- 1/4 cup Xylitol
- 1/2 cup fat-free cottage cheese
- 1 tsp vanilla extract
- Zest of one Orange



Directions:

1. Spray an 8-by-8 inch Pyrex dish or loaf tin with non-stick spray. Preheat oven
2. In a large bowl, combine protein powder, ground almonds, baking powder, salt, ginger and allspice. Mix together and set aside.
3. In a smaller bowl, combine egg whites, sweetener, cottage cheese, vanilla and orange, blend with hand blender until well mixed.
4. Add the wet ingredients to the dry and mix again.
5. Pour mixture into the prepared dish and bake at 350F (176C) Gas 4 for 25 minutes.
6. When cooked, turn out onto wire tray to cool and cut into 16 slices

Note:

You can make cup cakes instead of a loaf, just make sure you get 16 portions out of the mixture.