Carrot Cake Protein Slices

Makes: 16 Slices

Ingredients

1 Cup Oat flour (Or grind Oats in a blender/processor. Use About 1½ cups to make up for lost density)
2 scoops vanilla protein powder
2 tsp Cinnamon
½ tsp baking powder
¼ tsp salt
⅛ tsp allspice
⅛ tsp nutmeg
4 Egg whites
½ Cup xylitol
250g finely grated carrot
4 fl oz water

Instructions

1. Preheat oven to 175C / 350F
2. Mix flour, protein, cinnamon, allspice, nutmeg, baking powder, and salt in a bowl.
3. In a separate bowl, mix egg whites, Xylitol, carrots and water.
4. Add wet ingredients to the dry ingredients and mix.
5. Line an 8x8 cake tin and pour in the mix.
6. Cook for 30 minutes, until you can poke a knife in the centre and it comes out clean.

Nutrition information:

per serving:
Kcal 94
Fat 1.25g
Carbs 10g
Protein 10g

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