Fitness Recipe: Protein Cake (Chocolate-Nut)

Nutrition Facts

Amount Per Piece Of Cake

Calories	210 kcal
Protein	18g
Carbohydrate	11g
Fat	10g
Dietary Fiber	2.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 130g Myprotein Whey Protein (Chocolate)
- 3 Eggs
- 10ml Walnut Oil
- 30ml Sweetener
- 60g Shredded hazelnuts
- 50g Spelt wholemeal flour
- 30g Cocoa (unsweetened)
- 30ml Walden Farms Chocolate Syrup (low-calorie)
- 2 Apples
- 30ml Lemon juice
- Cinnamon
- 5g Baking powder

Preparation:

Put chocolate Whey Protein, Eggs, Sweetener and Walnut oil into a bowl and mix it until it gets liquid. Add the shredded hazelnuts, cocoa, spelt wholemeal flour, baking powder and cinnamon. Mix all the ingredients with an egg whip. Peel the apples, cut them into small pieces and mix it with lemon juice and cinnamon. Add the apple pieces to the paste. Put the paste into a cake

pan and bake it for about 30 minutes with 180° Celsius (Top-/bottom heat). Afterwards let the protein cake cool down and cut it into 8 pieces. Enjoy and stay fit!

Product recommendations for this Fitness Recipe:

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