



## Protein Chocolate Cake



1/6 of recipe (1 piece): 180 calories, 3.5 total fat (1.5g sat. fat), 428mg sodium, 33g carbs, 6g fiber, 7g sugars, 12.5g protein

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**Prep:** 15 minutes    **Cook:** 35 minutes



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## Ingredients

1 1/2 cups old-fashioned oats  
3/4 cup [chocolate whey protein powder](#)  
1/4 cup [granulated natural no-calorie brown sugar substitute that measures like sugar](#)  
3 tbsp. [unsweetened dark cocoa powder](#)  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/4 tsp. salt  
One 15-oz. can pure pumpkin  
1/2 cup (about 4 large) egg whites or liquid egg substitute  
1 tsp. vanilla extract  
2 tbsp. mini semi-sweet chocolate chips

## Directions

Preheat oven to 350°F. Spray an 8"X 8" baking pan with nonstick spray.

In a blender or food processor, pulse oats to the consistency of coarse flour. Add protein powder, sweetener, cocoa powder, baking soda, baking powder, and salt. Blend at high speed until uniform.

In a large bowl, combine pumpkin, egg whites/substitute, and extract. Mix well. Add contents from the blender, and stir until uniform.

Add batter to the pan, smooth out the surface, and top with chocolate chips.

Bake until a toothpick inserted into the center comes out mostly clean, about 35 minutes.

MAKES 6 SERVINGS

**To Freeze:** Tightly wrap each cooled serving in foil or plastic wrap. Place them in a sealable container or bag, seal, and store in the freezer.

**To Thaw:** Unwrap, and place on a microwave-safe plate. Microwave at 50 percent power for 1 minute, or until it reaches your desired temperature. Or just refrigerate overnight.

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