



## BUTTER PECAN CAKE BARS

High Protein / Low-Carb / Keto-Friendly

Recipe by Deedee (@healthyeatswithdeedee) and featured on [MariGoldFoods.com](https://MariGoldFoods.com)

*"They use super simple ingredients and are easy to make.*

*These yummy bars are packed with protein!"*

- Deedee

### INGREDIENTS:

#### Bars

- 1 C Almond flour
- 1/2 C MariGold Creamy Vanilla Whey Isolate Protein Powder
- 3/4 C sweetener (i.e stevia, allulose or monk fruit)
- 3 eggs
- 1/2 C butter
- 1/2 C almond milk
- 2 TSP baking powder
- 1 TSP vanilla
- 1/2 TSP salt
- 1/2 C pecans

#### Cream Cheese Icing

- 4 TBSP butter
- 4 OZ cream cheese
- 3/4 C powdered sweetener (i.e stevia, allulose or monk fruit)
- 2 TBSP heavy cream
- 1 TBSP vanilla

### DIRECTIONS

1. **To make the bars:** Mix butter and sweetener until combined. Add eggs, almond milk, & flavorings and mix until combined.
2. In a separate bowl combine all dry ingredients. Gradually add dry ingredients to wet and mix until just combined. Stir in pecans.
3. Line an 8x8 baking pan with parchment paper and add your batter. Bake at 350 for 30-35 minutes until a toothpick comes out clean.
4. **To make the icing:** Blend all ingredients together until you have a smooth icing. For a thinner icing add more heavy cream in very small amounts until you get your desired texture. Wait until bars are completely cooled down before adding icing.
5. Add pecans to the top and enjoy!



Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Powder  
([MariGoldFoods.com](https://MariGoldFoods.com))

