



PUMPKIN PROTEIN CAKE

Keto/Low Carb

Recipe by Lori (@lori.monigold) and featured on MariGoldBars.com

"This "Pumpkin Protein Cake" comes together right in your blender! The texture of these bars is as if pumpkin cake and pumpkin pie had a baby and it's so good y'all!"

- Lori

INGREDIENTS (Servings: 8 large squares):

Cake

- 2 Cans (15oz) @libbyspumpkin pure pumpkin
- 1.5 Cup MariGold Whey Isolate Protein Powder - Unflavored (you can also use the Creamy Vanilla flavor!)
- 3 tsp baking powder
- 1C @zensweetlife monk fruit sweetener
- 1/2C @sukrinusa golden sweetener
- 1/2 tsp salt
- 2 tsp vanilla extract
- 2 tsp cinnamon
- 9 eggs
- 1C pecans (optional)

Glaze

- 1tbsp melted @nutiva coconut oil
- 1/2 scoop @hvmn Salted Carmel MCT oil powder

DIRECTIONS:

1. Preheat oven to 350*
2. Place all cake ingredients in the blender and blend until smooth and all well incorporated. You may need to stop and scrape down the sides once.
3. Pour batter into well-greased 9x13 baking dish and bake for 35-40 minutes.
4. Let cool— refrigerate at least 4 hours and then cut into 8 pieces.
5. I make glaze fresh each morning per bar. Melt the oil in microwave for 15-20 seconds. Whisk in mct powder until smooth and pour over bars. If you eat your bars cold like me the glaze will harden like a donut glaze.

Macro Information provided by Lori (@lori.monigold)

192 calories
28g protein
6g fat without glaze
17.5g fat with glaze
7g net carbs



Featuring MariGold
Unflavored (or Creamy Vanilla)
Whey Isolate Protein Powder
(MariGoldBars.com)

