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White Chocolate Protein Cake Pops

Cake Ingredients

Vanilla protein powder 30 g
Organic stevia blend 3 tbsp
Coconut flour 2 tbsp
Tapioca starch 2 tbsp
Baking powder 1/2 tsp
Baking soda 1/4 tsp
Egg whites 1/4 cup
Nonfat plain Greek yogurt 3 tbsp
Unsweetened applesauce 2 tbsp
Vanilla extract 1 tsp
Butter extract (optional) 1/2 tsp

Frosting Ingredients

Nonfat plain Greek yogurt 2 tbsp
Organic stevia blend 1 tbsp
Vanilla extract 1/4 tsp
Butter extract (optional) 1/4 tsp

Coating Ingredients

Melted white chocolate, divided 1 oz.
Coconut oil 1 tsp
Beetroot powder (or red food coloring) 1/2 tsp
Sprinkles (optional)

Directions

1. Preheat oven to 350 F.
2. Whisk together dry ingredients for cake in a medium mixing bowl.
3. Add wet ingredients and mix to combine.
4. Lightly coat a 7x5-inch or 6-inch round baking dish or pan with cooking spray.
5. Pour batter into prepared dish and bake for 20-25 minutes until a toothpick or knife inserted comes out clean. Set cake aside to cool.
6. Stir together frosting ingredients until smooth.
7. Crumble cake into a medium mixing bowl and mix in frosting.
8. Press cake mixture into a heart-shaped cake-pop mold coated with cooking spray, or

- simply roll into five 2-inch balls. Insert candy sticks and place in the freezer.
9. Melt 3 tablespoons white chocolate chips with beetroot powder and coconut oil using a double boiler. If you don't have a double boiler, simply fill a small saucepan 1/3 to the top with water, nest a small metal mixing bowl (or another saucepan) inside, and bring water to a simmer over medium heat. Stir chocolate as it begins to melt.
 10. Remove cake pops from mold and roll in melted chocolate.
 11. Melt remaining tablespoon of white chocolate and drizzle over coated pops. Garnish with sprinkles immediately (if desired).
 12. Store in the fridge up to one week or in the freezer up to one month.

Nutrition Facts

Serving size: 1 cake pop

Recipe yields 5 servings

Calories: 108

Fat: 3.7 g

Carbs: 10 g

Protein: 9 g

Protein: 6 g