

PROTEIN COFFEE CRUMB CAKE



INGREDIENTS:

For the cake:

- 1 scoop Birthday Bliss Glam Pro
- 1 tbsp coconut flour
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon
- 1 tbsp granulated sweetener (such as stevia or monkfruit)
- 1 tsp baking powder
- 2 tbsp black coffee or espresso (brewed)
- 1 medium egg (or 1 flax egg ** 1 tbsp ground flaxseed + 3 tbsp water)
- 1/2 tsp almond extract

For the Crumb Topping:

- 1/2 scoop Birthday Bliss Glam Pro
- 1 tbsp oat flour
- 1 tbsp brown sugar replacement (such as Swerve)
- 1/2 tsp cinnamon
- 1 tbsp ghee (or coconut oil)
- 1/2 tsp powdered sugar replacement (such as Swerve)

DIRECTIONS:

1. Preheat oven to 350°F
2. Make the cake first
3. Mix together in a medium bowl: Glam Pro, flour, nutmeg, cinnamon, granulated sweetener, and baking powder
4. In a separate bowl, beat together the egg, coffee, and extract
5. Pour wet ingredients into dry ingredients and mix well
6. Pour cake batter into a small ramekin (4 inch round)
7. Bake for about 8 - 10 minutes
8. While the cake starts baking, make the topping
9. In a small bowl, mix together the protein powder, flour, brown sugar, & cinnamon
10. Add the ghee and mix, leaving some larger clumps for the crumbs. After the cake has baked for about 8 minutes or the top is starting to firm, remove the cake and sprinkle the topping on top
11. Return to the oven and bake for an additional 5 - 7 minutes
12. Remove and let cool for 5 - 10 minutes. Top with powdered sugar. Enjoy!

Makes 1 Crumb Cake

Calories: 360 | Protein: 28 g | Carbs: 17 g | Fat: 18 g | Fiber: 6