

Low Carb, High Fiber Apple Upside Down Cake



Ingredients:

- (3-4) Large apples
- (2 cups) Salted Caramel Complete Protein powder
- (5 tbsp.) Vanilla Egg White Protein Powder
- (1 tsp.) Baking soda
- (1 tsp.) Baking powder
- (½ cup) VitaFiber (you can use applesauce instead, but VitaFiber adds Fiber and lowers carbs)
- (½ cup) Unsweetened apple sauce

Directions:

- Pre-heat oven to 350°
- Core, cut, chop apples and sprinkle with cinnamon and nutmeg (optional)
- Sautee apples in a sauce pan that's been sprayed with Pam spray
- Pour sautéed apples into pie pan that's been sprayed with Pam spray
- Mix together the other ingredients until a dough forms
- Once combined, pour onto previously cooked apples, making sure it's even
- Place in center of oven and bake for 20-30 minutes

NOTE: Depending on your oven, cooking times may vary. I keep a close eye on mine when it's cooking to make sure it doesn't overcook or burn. I like mine slightly under-cooked, so it stays moist.

Always keep in mind that food will keep cooking even after it's out of the oven, so less is best - you can always microwave it quick, if needed.