

LEAN BODY®



Sweet Potato Cake

HOW TO MAKE IT

1. Cook your Sweet Potatoes either in the oven or microwave
2. Add all of your ingredients into a bowl
3. Mix everything together until smooth
4. Coat a baking pan with some non-stick cooking spray
5. Pour your mix in
6. Bake on **350F/176C** for around 50 minutes

INGREDIENTS

- 1 1/2 Pounds Cooked Sweet Potatoes
- 2 Tablespoons Sweetener
- 1 Teaspoon Vanilla Extract
- 2 Ounces (1/4 Cup) Your Choice Flavor **Lean Body RTD** or Milk
- 2 Large Whole Eggs
- 1 1/2 Teaspoons Ground Cinnamon
- 4 Ounces (113g) Unsweetened Apple Sauce
- 1 Tablespoon (21g) Honey
- A little Salt
- 4 Scoops (140g) Your Choice Flavor **Lean Body MRP**

NUTRITION

1 Piece
Makes: 8 Pieces
Calories: 178
Fat: 3.1g
Saturated Fat: .8g
Sodium: 161.1mg
Carbs: 24.8g
Fiber: 4.5g
Sugar: 6.1g
Protein: 12.6g

TIPS

Keep the skin on your potatoes for extra fiber!

Add in or on top anything you want like chocolate chips, nuts, etc!



 **50:00**