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## **CRUSH IT! Café: Cinnamon Roll PRO Cake**

Cinnamon rolls and cake: two delicious desserts that add more than happiness to our bodies. We've baked a cake where the only rolls produced are *in* the cake, not *on* your stomach. With the added protein from our Core PRO, you may see some bulges under your shirtsleeves though!

### **Recipe:**

#### **Dry Ingredients:**

2 Scoops Cinnamon Roll Core PRO

1 cup zero calorie sweetener

1tsp baking soda

1tsp baking powder

2tsp cinnamon

½tsp salt

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**Wet Ingredients:**

¾ cup canned pumpkin  
2 medium bananas  
14g ground flaxseed  
½ cup plain Greek yogurt  
50g Egg Substitute  
1tbsp vanilla extract

**Cream Cheese Center:**

1tbsp Vanilla Cream Core PRO  
8oz fat free cream cheese  
3tbsp zero calorie sweetener  
½tsp vanilla

**Directions:**

Preheat oven to 375° Fahrenheit. Combine dry ingredients in a bowl and mix well. Purée bananas, add to rest of wet ingredients, and blend together. Combine wet and dry mixtures, mixing well once more.

Create cream cheese center by placing ingredients into a small blender and blending together well. Pour half the batter into a loaf pan. With half of the batter in the pan, proceed to add the entire cream cheese layer to form the center of the cake. Pour remaining batter onto the cream cheese layer, smoothing as needed. Bake for 20-25 minutes.



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**Macros:**

Serving Size: 1 Slice

Servings: 8

124 calories

1g Fat

12g Carbohydrate

13g Protein



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