
CRUSH IT! Café: Cookies ‘N Cream CRUSH IT Cake

We like making gainz like a fat kid loves cake. Actually, we love cake too. The good news is we can all finally have our cake and eat it too. With our Cookies ‘N Cream Crush It Cake, we can all continue pursuing our fitness goals without giving up one of the best desserts known to man—chocolate cake!

We experimented until we created a recipe that not only satisfied sweet teeth, but provided just under 100 grams each of muscle-building protein, complex carbohydrates, and less than 10 grams of fat. The entire cake is under 900 calories—less than one slice of the average cake from a restaurant chain!

Recipe:

Dry Ingredients:

- 2 Scoops Rich Chocolate Core MRP
- 1 Scoop Chocolate Delight Core PRO
- ½ cup wheat germ
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon coarse salt
- 1 cup zero calorie sweetener

Wet Ingredients:

¼ cup cocoa + 1/8 cup hot water

14g ground flaxseed

50g egg substitute

¾ cup canned pumpkin

½ cup plain non-fat Greek yogurt

1tsbp vanilla extract

Frosting:

½tbsp Vanilla Cream Core PRO

8oz fat free cream cheese

3tbsp zero calorie sweetener

½tsp vanilla extract



Core Nutritionals, LLC
820 N. Pollard St., RTL#3
Arlington, VA 22203
1-888-978-2332

Directions:

Preheat oven to 350° Fahrenheit. Lightly spray an 8" x 8" pan. Whisk together cocoa powder and hot water in a small bowl. Mix egg substitute and canned pumpkin well, then combine with cocoa powder mixture.

In another bowl, whisk together Core PRO, Core MRP, wheat germ, baking soda, baking powder, and salt. Mix in dry ingredients and Greek yogurt, alternating each until completely added into the wet mixture.

Pour into cake pan and smooth as needed. Bake for approximately 30-35 minutes (rotating cake in oven halfway through). While cake bakes, mix together frosting ingredients until the desired consistency is met. Store in refrigerator until ready to apply to cake.

When finished baking, take out cake and let cool completely before adding the frosting. Serve and enjoy; store remaining cake in refrigerator.

Macros:

Serving Size: 1 Slice

Servings: 6

145 calories

1g Fat

16g Carbohydrate

16g Protein



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