

# PROTEIN CINNAMON APPLE CAKE

BY: PREMIER PROTEIN

PREP TIME: 10 MIN COOK TIME: 1 HR TOTAL TIME: 1 HR 10 MIN SERVINGS: 8

## INGREDIENTS

Cooking spray, for pan  
2 apples, peeled, cored, and  
thinly sliced  
Juice of 1/2 a lemon  
1/4 cup lightly packed brown  
sugar, plus 2 tbsp.  
1 3/4 cup all-purpose flour  
3/4 tsp. baking powder  
1 tsp. kosher salt  
2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/2 cup (1 stick) butter, softened  
1/2 cup granulated sugar  
2 large eggs  
1 tsp. pure vanilla extract  
3/4 cup 30g Vanilla Premier Pro-  
tein Shake  
Coarse sugar, for sprinkling

## DIRECTIONS

Preheat oven to 375° and grease  
a 9" springform pan with cooking  
spray. In a large bowl toss  
together apples, lemon juice, and  
2 tablespoons brown sugar.

In a large bowl whisk together  
flour, baking powder, salt,

cinnamon, and nutmeg.

In another large bowl using hand  
mixer (or in the bowl of a stand  
mixer), beat together butter,  
granulated sugar, and remaining  
1/2 cup brown sugar until light and  
fluffy. Add eggs one at a time  
beating well after each addition.  
Add vanilla and mix until  
combined.

Add half of the dry ingredients to  
the wet ingredients, beating until  
just combined. Pour in protein  
shake and mix until fully  
incorporated. Add remaining dry  
ingredients and stir until just  
combined.

Pour batter into prepared pan and  
arrange apples on top in a spiral,  
overlapping layers slightly. Sprinkle  
with coarse sugar.

Bake until a toothpick inserted into  
the middle comes out clean, about  
1 hour. Let cool 10 minutes before  
removing sides of spring form pan.