



## Protein Perfect Breakfast Cake

**VERSION:** CHOCOLATE CHIP

### Ingredients

Liquid egg whites 736 grams | 3 cups  
Old fashioned rolled oats 190 grams | 2 cups  
(-OR- Oat flour 1 <sup>3</sup>/<sub>4</sub> cups)  
Unsalted butter 56 grams | ½ stick  
(-OR- Coconut oil 3 Tb + 1 tsp)  
Chocolate chips 84 grams | ½ cup  
(Lily's stevia-sweetened)  
Banana, medium 178 grams | 1 + ½  
Coconut Flour 3 Tb  
Salt 1 tsp  
Baking powder ½ tsp

### Macros

**45/25/30**

4 pieces: 437 calories each  
6 pieces: 291 calories each

**Variation:** Drizzle 1 Tb of maple syrup on top of each piece:

**51/22/27**

4 pieces: 487 calories each  
6 pieces: 351 calories each

### Tools

Blender  
Large mixing bowl  
Whisk  
Measuring cups and spoons

9x9 inch baking pan  
Pam for Baking spray  
Tupperware for storage

### Directions

1. Preheat oven to 350 degrees
2. Spray a 9x9 inch-baking pan with Pam for Baking spray. Set aside.
3. Place rolled oats, coconut flour, salt, and baking powder into a blender and blend for 1 minute until an even flour consistency. Set aside in a very large bowl.
4. If using butter, melt over a low flame, or in a microwave.
5. Place banana, egg whites, and butter into the blender for 30 seconds.
6. Add the liquid mixture from the blender into the dry ingredients. Whisk just until there are no flour clumps. Let this mixture stand for 10 minutes.
7. Pour batter into pan. Evenly sprinkle the chocolate chips over the batter and gently tap into the mixture.
8. Bake for 20 minutes. Rotate the pan ¼ turn and cook for another 20 minutes or until solid in the center of the cake. Bake longer for drier consistency.
9. Let cake cool completely. Cut into 4 or 6 pieces.
10. Place each piece in a Tupperware container or tin foil for easy grab-and-go.

**NOTE: If the cake turns out to be too dry for your liking, reduce the coconut flour to 2 TB the next time you make this recipe.**

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