



Nutrition Information Per Serving:

Calories: 114
Protein: 6 g
Carbohydrates: 16 g
Fat: 28 g
Fiber: 7 g

Click [here](#) for the original recipe/blog post from Carrots n' Cake.

PREP TIME 10 mins	COOK TIME 34 mins	TOTAL TIME 44 mins	RECIPE MAKES 9 serving
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Pumpkin + protein: what more could you ask for?! Just toss the ingredients in a food processor, pour the batter in a pan, bake, and enjoy!

"I might just eat this Pumpkin Spice Protein Bake every morning for the rest of my life. For real. It's so, so, sooooo good."
-Carrots 'N' Cake

INGREDIENTS

- 1 ½ cups Quick oats
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- 1 cup Canned pumpkin
- ⅓ cup Maple syrup
- 2 Eggs
- ½ cup Liquid egg whites (or 3 whites from shell)
- 2 tsp. Pumpkin pie spice
- 1 tsp. Vanilla extract
- 2 Tbsp. Walnuts, finely chopped

INSTRUCTIONS

- 1) Preheat oven to 350°F.
- 2) Combine above ingredients, except walnuts, in a food processor for about 60 seconds. Batter should be a little chunky.
- 3) Prepare a 9 X 9 baking pan with non-stick cooking spray and then pour the batter inside. Smooth the top of the batter with a spatula and then sprinkle with walnuts.
- 4) Bake for 32-34 minutes until cooked all the way through. Remove from oven and allow to cool for about 5 minutes before serving.
- 5) Enjoy with maple syrup or a big scoop of Muuna cottage cheese.