

RECIPE



A moist, protein-rich apple cake made with clean, wholesome ingredients. Sweetened naturally and free of gluten and dairy, this energizing bake is perfect for breakfast, snack, or a post-workout treat!

Fuji Fit Cake

Ingredients

Yields: One 8" round cake pan or any oven-safe baking dish of similar size

- 5 organic medium-large Fuji apples
- 3 large eggs, room temperature
- 1/3 cup monkfruit sweetener
- 1/3 cup melted coconut butter
- 1/3 cup almond milk or other dairy-free milk
- ½ cup gluten-free flour
- ½ cup protein powder (vanilla or unflavored)
- ½ tsp. cinnamon powder
- ½ Tbsp. baking powder

Instructions:

Preheat the oven to 350°F (175°C).

Line and lightly grease the baking pan with parchment paper.

In a stand mixer, whisk the eggs and monkfruit for 8 minutes until light and fluffy.

While the eggs are mixing, core and thinly slice the apples. Set aside.

Yours to Artful Eating,

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Remove the bowl from the stand mixer and, using a whisk, mix in the melted coconut butter and dairy-free milk. Then add the sifted flour, protein powder, cinnamon, and baking powder. Whisk until the batter is smooth and well combined.

Gently fold in the apple slices.

Pour about $\frac{1}{4}$ of the batter into the prepared pan and gently arrange apple slices from the batter to create an even layer. Continue adding the batter gradually, layering and arranging the apple slices as you go, to create visible apple layers throughout. Once all the batter is used, gently tap the pan on the counter to help the layers settle evenly.

Bake for 50 minutes, rotating the pan halfway through.

Let cool slightly before slicing.

Enjoy warm or chilled!

Health Benefits of This Recipe:

- Fuji Apples: Rich in fiber and antioxidants that support gut and skin health.
- Protein Powder: Helps build and repair lean muscle mass.
- Coconut Butter: Provides healthy fats that support metabolism and brain health.
- Monkfruit Sweetener: A natural, zero-glycemic sweetener safe for blood sugar balance.
- Gluten-Free & Dairy-Free: Gentle on digestion and ideal for sensitive eaters.

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