

## Red Velvet Cake Pops

Treat your valentine or yourself to a low-carbohydrate, protein treat!

### **Ingredients:**

#### **Cake**

- $\frac{1}{2}$  cup **Quest® Multipurpose Protein Powder**
- **1 Double Chocolate Chunk Quest Bar®**
- $\frac{1}{2}$  cup almond meal
- $1\frac{1}{2}$  tablespoons unsweetened cocoa powder
- 3 tablespoons zero-calorie sweetener
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 1 cup unsweetened vanilla almond milk
- 2 teaspoons vanilla extract
- $\frac{1}{2}$  tablespoon red food coloring
- Coconut cooking spray

#### **Frosting**

- 1 scoop **Quest® Multipurpose Protein Powder**
- $3\frac{1}{2}$  ounces reduced-fat cream cheese
- $\frac{1}{4}$  cup zero-calorie sweetener
- 2 tablespoons reduced-fat sour cream
- $\frac{1}{2}$  teaspoon vanilla extract

#### **Chocolate Coating**

- 6 ounces sugar-free milk or dark chocolate
- $\frac{1}{2}$  cup non-fat Greek yogurt
- $1\frac{1}{2}$  tablespoon yellow mustard
- $1\frac{1}{2}$  tablespoon Dijon mustard
- $2\frac{1}{2}$  tablespoons sugar-free syrup
- 1 tablespoon water
- 1 scoop **Quest® Multi-Purpose Mix Protein Powder**

**Prep: 20min    Cook: 24min    Yields: 18 Cake Pops**

### **Instructions:**

## Cake

1. Preheat oven to 350°F.
2. In a medium-sized microwave-safe bowl, heat unwrapped **Double Chocolate Chunk Quest Bar®** for 10 seconds.
3. Using a rolling pin, roll the bar out to  $\frac{1}{4}$ -inch thickness.
4. Bake for 4 minutes, or until bar is lightly crisped. Remove to cool.
5. Break the crisped bar into pieces, place in a mini blender, and process into a powder.
6. In a medium-size mixing bowl, add **Quest® Multipurpose Protein Powder**, the powdered **Double Chocolate Chunk Quest Bar®**, almond meal, cocoa powder, zero-calorie sweetener, baking soda, and salt, and mix well.
7. Add almond milk, vanilla extract, and red food coloring. Mix cake base until fully incorporated and batter is dark red.
8. Coat a 9-by-13-inch glass baking dish with nonstick cooking spray. Pour in batter.
9. Bake 18 to 20 minutes, or until an inserted toothpick comes out clean and cake is completely cooked and springy.
10. Remove and let cool.
11. Break the cake into small pieces, and place in a large mixing bowl.

## Frosting

1. In a medium-size bowl, add **Quest® Multipurpose Protein Powder**, cream cheese, zero-calorie sweetener, sour cream, and vanilla extract.
2. Mix until smooth.

## Assembly

1. Add frosting to crumbled cake, and mix together until all frosting is incorporated.
2. Cover bowl with plastic wrap and place in freezer for 20 minutes.
3. Remove cake from freezer. Take a small amount of cake batter and form eighteen walnut-sized balls.
4. Break chocolate into even-size small pieces. Melt slowly over a double boiler or in a dry bowl that fits snugly over a pot. (Water should not touch pot or bowl above it. Before placing pot on top, simmer water in pot on low heat, then turn off heat and place the dry bowl or pot with chocolate in it on top, and stir when chocolate starts to melt, until chocolate is shiny and smooth)
5. Once chocolate is ready, remove cake balls from fridge and carefully submerge each into melted chocolate. Gently tap the edge to remove excess. If chocolate begins to seize, simply return to double boiler. Place each pop on wax paper and insert lollipop sticks.
6. Chill for 10 minutes in freezer, or until chocolate hardens and creates a shell.

## Serving Size: 1

- Calories: 110 , Protein: 7g , Fat: 7g , Net Carb: 3g , Fiber: 4g