Description: Indulge in all the warm, buttery, caramelized flavor of a traditional pecan pie in a quick, effortless dump cake format. Featuring crunchy toasted pecans and a golden protein-cake crust, this recipe delivers maximum gooey comfort without the heavy sugar crash. Perfect for holiday dessert spreads or quick meal prep treats, it easily fits into low-carb and high-protein lifestyle goals!

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Can This Pecan Pie Dump Cake Support Weight Loss Goals?

Yes, this modified version of Pecan Pie Dump Cake can support weight loss goals when prepared with low-carb, sugar-free, and protein-boosted ingredients. Traditional pecan pie is loaded with refined sugars and heavy carbohydrates that spike blood sugar, but using a protein powder base and sugar-free sweeteners creates a high-protein, fiber-rich dessert. High-protein desserts promote satiety, helping you satisfy sweet cravings while keeping you full and on track with your calorie target.

Does Pecan Pie Dump Cake Fit a High Protein Lifestyle?

When adapted with vanilla whey or casein protein powder and low-carb keto baking mix, this

Pecan Pie Dump Cake seamlessly fits a high-protein lifestyle. Each slice delivers a substantial protein boost alongside healthy fats from real pecans while keeping net carbs exceptionally low. By swapping corn syrup for allulose or erythritol and standard cake mix for a protein-fortified alternative, you get a decadent treat that actively supports muscle recovery and daily macro goals.

My Personal Experience

- Effortless Prep & Minimal Dishes: Dumping the ingredients directly into the baking dish saves massive prep time and eliminates messy cleanups. The pecans roast to perfection right on top, creating a incredible aromatic caramel crunch throughout the kitchen.

- Rich Decadence Without the Guilt: The combination of buttery pecan filling and a fluffy protein crust delivers authentic holiday pie flavor. It satisfies deep dessert cravings without knocking you out of ketosis or ruining your daily protein targets.

Perfect For:

- Decadent high-protein desserts after dinner

- Holiday gatherings and keto diet plans

- Easy meal-prep high-protein snacks for sweet tooth cravings

Why You’ll Love This Recipe:

- Foolproof One-Pan Assembly: Simply layer the ingredients in a single dish and bake without needing complex mixing techniques or crust rolling.

- Balanced High-Protein Nutrition: Packed with wholesome protein powder and nutrient-dense pecans, this dessert nourishes your body while curbing sweet tooth cravings.

- Warm Caramelized Texture: Delivers the signature gooey base and crunchy pecan topping of classic pie with a fraction of the net carbs.

Common Mistakes to Avoid:

1. Using High-Sugar Cake Mix or Syrup: Using standard store-bought yellow cake mix or corn syrup spikes carbs; always select a sugar-free, high-protein alternative.

2. Uneven Butter Distribution: Leaving dry patches of protein cake mix on top causes powdery spots; ensure melted butter covers the surface evenly.

3. Overbaking the Casserole: Baking too long dries out the protein powder crust and burns the pecans; pull it out when the center is set but still slightly gooey.

4. Skipping Nut Toasting Check: Pecans burn quickly at high heat, so keep a close eye during the final 10 minutes of baking.

Required Equipment:

- 9×13-inch Baking Dish: Distributes heat evenly for a perfectly baked crust and gooey filling.

- Mixing Bowl: Allows quick whisking of the wet protein and pecan filling layer.

- Measuring Cups and Spoons: Ensures precise ratios of keto sweeteners and protein flour for optimal texture.

- Silicone Spatula: Helps spread the pecan layer smoothly into the corners of the pan.

Storage Instructions:

Store cooled leftover cake in an airtight glass container in the refrigerator for up to 5 days to preserve freshness and protein integrity. For longer storage, slice into individual portions and freeze in a sealed container for up to 2 months. Reheat individual slices in the oven or air fryer at 325°F for 3–5 minutes (or microwave for 20 seconds) to revive the warm, buttery, high-protein goodness.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 35 minutes
- Total Time: 45 minutes
- Servings: 10 servings
- Best Season for This Recipe: Fall & Winter (All-Season friendly)
- Total Calories (Per Serving): Approximately 240 kcal

A warm, gooey pecan pie dump cake transformed into a low-carb, high-protein dessert. Combines rich toasted pecans, buttery caramel notes, and protein-packed cake mix. Perfect for healthy holiday treats or easy meal-prep desserts.

 Ingredients:

- 2 cups Chopped Pecans: *Note: Raw, unsalted pecans work best for evenly toasted flavor.*
- 1 cup Sugar-Free Brown Sweetener (Swerve or Allulose): Replaces brown sugar to keep net carbs low.
- ½ cup Unsalted Butter: Melted (*Note: Grass-fed butter adds superior richness*).
- 3 large Eggs: Beaten to form the custard base.
- 1 tsp Vanilla Extract
- 1 tsp Ground Cinnamon
- 1 box (approx. 10–12 oz) High-Protein Keto Yellow Cake Mix: *Note: You can also substitute 1.5 cups almond flour mixed with 2 scoops vanilla whey/casein protein powder*

and 1 tsp baking powder.

- ½ cup Unsweetened Almond Milk: Used to hydrate the protein base if needed.

Directions:

1. Preheat & Prep: Preheat your oven to 350°F (175°C) and lightly grease a 9×13-inch baking dish with non-stick cooking spray.

2. Mix Pecan Filling: In a large bowl, whisk together the eggs, melted butter (reserve 2 tbsp for top), sugar-free brown sweetener, vanilla, cinnamon, and chopped pecans until well combined.

3. Layer the Base: Pour the pecan filling mixture into the bottom of the greased baking dish and spread evenly using a spatula.

4. Dump the Protein Layer: Sprinkle the high-protein keto cake mix evenly over the pecan filling layer; drizzle remaining melted butter and almond milk over any dry spots (*High-protein tip: Casein or blended protein powders maintain a moister cake texture than pure whey isolate*).

5. Bake to Visual Cue: Bake at 350°F for 30–35 minutes until the top is golden brown, the pecans are nicely toasted, and the center is set with a slight gooey wobble.

6. Cool & Serve: Let cool for 10–15 minutes before slicing to allow the caramel-like protein center to set.

Nutrition Facts (Per Serving – Approximate):

- Calories: 240 kcal
- Fats: 20 g
- Cholesterol: 65 mg

- Sodium: 180 mg
- Potassium: 120 mg
- Total Carbohydrates: 8 g
- Fiber: 5 g
- Net Carbs: 3 g
- Sugars: 1 g
- Protein: 10 g
- Calcium: 60 mg

Notes:

- Storage & Reheating: Keep refrigerated for 5 days; reheat in the microwave for 20 seconds or oven at 325°F for 5 minutes.
- Allergy Notes: Contains tree nuts (pecans), dairy (butter), and eggs; use coconut oil for dairy-free and sunflower seeds for nut-free variations.
- Flavor Boosts: Serve warm topped with sugar-free vanilla protein ice cream or whipped cream with a sprinkle of extra cinnamon.