

# Protein Mug Cake

## SNACK

Makes 1 serving

*Yes, you can have cake! This one-serving cake is quick and easy and can be made in any of your favorite flavors.*

## Ingredients

- 1 scoop of your favorite protein powder
- 15 g chocolate chips
- 15 g almond or peanut butter
- 1 tsp baking powder
- water to create a sludge

## Directions

1. Mix the dry ingredients in a microwave safe mug.
2. Add water slowly, stirring until you have a sludgy batter consistency.
3. Microwave for 20-25 seconds until the cake has "baked".

## Notes

Add toppings as desired such as fresh berries, a sprinkle of cinnamon, or a dollop of low fat whip cream.

Every brand of protein powder absorbs liquid at a different ratio and bakes differently. Start by adding the water slowly to get the proper consistency and start with the lowest bake time. Add extra time 5 seconds at a time until the cake is "baked."



## Macros \*

Per 1 serving

Calories : 283

Protein : 29 g

Carbs : 16 g

Fat : 13 g

\*Nutrition information will vary greatly depending on the brand and type of protein powder as well as toppings you choose. For accurate information please weigh your ingredients and calculate in your favorite tracking app.