



PROTEIN MUG CAKE

This protein powder mug cake tastes like a gooey brownie but is completely guilt-free! It bakes up in just one minute and makes the best healthy single serving dessert.

 5 minutes

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 1 portion

INGREDIENTS

- 1 Scoop of Plant Based Protein Powder - Chocolate or Vanilla [44 g]
- 2 tbsp of bob's Red Mill Super-Fine Almond Flour [14 g] **or** 2 tbsp of oat flour
- 1 tbsp of cocoa, dry powder, unsweetened [5 g]
- 1/4 tsp of baking powder, low-sodium [1 g]
- 1 large unit of egg, whole, raw, fresh [50 g] **or** 2 tbsp unsweetened applesauce
- 2 tbsp of Almond Milk, Unsweetened [15 g]
- 1 tbsp of peanut Butter, smooth [16 g]
- 1/2 tsp of vanilla extract [2 g]

COOKING METHOD

- 1° In a microwave-safe mug, combine the protein powder, almond flour/oat flour, cocoa powder (if using), and baking powder. Mix well to ensure no lumps.
- 2° Add the egg (or applesauce), almond milk, and vanilla extract. Stir until a thick batter forms. Adjust milk if too dry; the batter should be slightly thick but pourable.
- 3° Microwave on high for 60-90 seconds, depending on your microwave's power. Check at 60 seconds and add increments of 10 seconds until the cake has risen and is cooked through (avoid overcooking to keep it moist).
- 4° Let it cool for 1-2 minutes, then top with the peanut butter or any desired toppings like fruit or a sprinkle of chocolate chips.
- 5° Dig in directly from the mug!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [129 g]	% DRI
ENERGY	297 kcal	384 kcal	19 %
FAT	14 g	18 g	27 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	14 %
CHOLESTEROL	72 mg	93 mg	31 %
SODIUM	391 mg	506 mg	21 %
CARBOHYDRATE	17 g	22 g	7 %
SUGARS	3 g	4 g	—
FIBER	5 g	7 g	28 %
PROTEIN	32 g	41 g	—