



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 Chocolate or Vanilla Protein Powder
- 2 tbsp of oat flour (blitz your own oats to make oat flour if you want)
- 1 tbsp of unsweetened cocoa powder
- 1/4 tsp of baking powder
- 1 large egg or 2 tbsp unsweetened applesauce
- 2 tablespoons of semi-skimmed milk (30 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, oat flour, cocoa powder (if using), and baking powder. Mix well to ensure no lumps.
- 2° Add the egg (or applesauce), 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 (126 g)	% DRI
ENERGY	258 kcal	325 kcal	16 %
PROTEIN	25 g	31 g	62 %
CARBOHYDRATE	17 g	21 g	8 %
SUGARS	4 g	5 g	6 %
FAT	11 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	3 g	4 g	21 %
FIBER	3 g	4 g	17 %
SODIUM	103 mg	130 mg	5 %