



## Protein Mug Cake

★★★★★

**Prep Time:** 3 mins **Cook Time:** 1 minute **Total Time:** 4 mins **Difficulty:** Easy **Servings:** 1 **Source:** thebigmansworld.com

### INGREDIENTS

1 serving vanilla protein powder (PE Science is best for flavor)

1/2 tsp baking powder

1 tbsp coconut flour

1 large egg \*see notes for vegans

1/4 cup no-sugar almond milk

1/4 tsp vanilla extract

1 tbsp (30) Lily's sugar-free chocolate chips

### NUTRITION

1 Mug Cake= 275 cal; 30g protein

### DIRECTIONS

For the microwave option...

(1) Grease a microwave safe bowl with cooking spray and add the protein powder, baking powder, coconut flour, sweetener of choice and mix well.

(2) Add the egg and mix into the dry mixture. Add the milk of choice and vanilla extract- If the batter is too crumbly, continue adding milk of choice until a very thick batter is formed.

(3) Top with chocolate chips and microwave for 60 seconds, or until just cooked in the centre.

For the oven option...

Follow as above, but bake in the oven for 8-15 minutes, depending on consistency desired. Mug cake is cooked once a toothpick comes out 'just' clean from the center.

### NOTES

PE science is my go-to favorite for this! I love the cake-pop and snickerdoodle flavor. (Link to 10\$ off PE Science in Laura's Instagram bio)

\*Vegans- Sub egg with 1 tbsp flax (Add 1 tbsp flaxseed meal and 2 tbsp water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg)