

Chocolate Protein Mug Cake

Web Recipe · Dessert · GF

290 cal · 22g protein · 34g carbs · 8g fat · 1 serving

Ingredients

- 3 tbsp oat flour
 - 1 scoop vegan chocolate protein powder
 - 1 tbsp cocoa powder
 - 1/2 tsp baking powder
 - 1/4 cup unsweetened almond milk
 - 1 tbsp maple syrup
 - 1 tbsp almond butter
 - 1/2 tsp vanilla extract
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Instructions

1. In a large microwave-safe mug, mix oat flour, protein powder, cocoa powder, baking powder, and a pinch of salt.
 2. Add almond milk, maple syrup, almond butter, and vanilla extract. Stir until smooth with no lumps.
 3. Microwave on high for 60-90 seconds (start checking at 60 seconds).
 4. Let cool 1 minute — it will be very hot!
 5. Eat directly from the mug. Top with nut butter or vegan chocolate chips if desired.
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