

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

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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