



Chocolate Banana Souffle

Ingredients

1/2 medium ripe banana
2 tbsp raw cacao powder
2 tablespoons milk or coconut milk
1/2 scoop chocolate whey protein powder
1 whole egg plus 1 egg white
1/4 baking soda

Directions

1. Blend everything in a bowl until it looks folded in together. (It's not supposed to look appetizing initially.)
2. Grease a deep coffee mug and transfer the mix into the cup.
3. Set the microwave power level to about 60-70% of max and cook cup for about 3 minutes. You'll see the souffle really start to puff up near the end.
4. Let it cool and enjoy! If you wish, you may top peanut butter on that bad boy. Each cup equals 1 serving.

Nutrition info per serving:

Calories: 210
Fat: 2 g
Carbs: 16 g
Protein: 21 g