



## **Coconut Peanut Butter Protein Cake**

### **Ingredients:**

- 1 scoop vanilla casein or blend
- 1 tbsp coconut flour
- 1 egg
- 1 tbsp coconut flakes
- 1 tsp coconut extract
- 1 tsp baking powder
- 1 tbsp almond butter
- 1 tsp coconut flakes

### **Directions:**

1. Spray the inside of a mug with non-stick cooking spray.
2. Add protein, flour, egg, 1 tbsp coconut flakes, and extract to mug and mix well.
3. Microwave for 75 seconds.
4. Top cake with almond butter and coconut flakes!

### **Nutrition Facts**

Recipe serves 1

Calories: 375

Fat: 19 g

Carbs: 19 g

Protein: 33.5 g