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Two-Minute Blueberry Protein Cake

Ingredients

Cake:

Unsweetened apple sauce 1/4 cup
Egg whites 2
Flaxseed meal 2 tbsp
Coconut flour 2 tbsp
FitMiss Vanilla Chai Delight 1 scoop
Almond milk 1-2 tbsp
Baking powder 1 pinch
Blueberries 1/3 cup

Frosting:

Plain Greek yogurt 2 oz.
FitMiss Vanilla Chai Delight 1 tbsp

Directions:

1. In a blender, blend applesauce, egg whites, flaxseed meal, coconut flour, protein powder, almond milk, and baking powder. Stir in blueberries.
2. Pour into a mug, small bowl, or individual ramekin. Microwave for 2 minutes.
3. While the cake cools, stir together Greek yogurt and protein powder. Top the cake with a dollop of the mixture and enjoy!