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Banana Toffee Protein Mug Cake

Ingredients:

Cake:

Banana-flavored whey protein, 25 g
Oat flour, 2 tbsp
Ground flaxseed, 2 tbsp
Baking stevia, 2 tbsp
Cinnamon, 1/4 tsp
Nutmeg (optional) dash
Baking powder, 1/4 tsp
Medium banana, very ripe, mashed, 1/3 cup
Nonfat plain Greek yogurt, 2 tbsp
Unsweetened almond milk (or milk of choice), 3 tbsp
Egg white, 2 tbsp
Almond extract (optional), 1/4 tsp

Topping (optional):

Peanut butter, melted, 1/2 tbsp
Sugar-free pancake syrup, 2 tbsp

Directions:

1. Lightly spray an oversized mug with cooking spray.
2. Whisk together dry ingredients.
3. Mix the rest of the ingredients.
4. Pour batter into prepared mug (batter will be slightly thick).
5. Microwave for 2 minutes, then dump your cake onto a plate to cool.
6. Top with melted peanut butter and sugar free syrup, if desired. Enjoy!