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NYE Stay-At-Home Protein Mug Cake

Serving size: 1 shake

Recipe yields: 1 serving

Prep time: 3 min.

Cook time: 1 min.

Ingredients:

1 scoop Chocolate Isolate protein powder

2 egg whites

1/4 tsp baking soda

1 tbsp nonfat plain Greek yogurt

1 tbsp smooth peanut butter

1 tbsp sugar-free maple syrup

Directions:

1. Spray a mug with nonfat cooking spray.

2. Add all the ingredients except maple syrup and peanut butter to the mug.

3. Microwave the mug on high for 1 minute.

4. Remove the mug from the microwave, top the cake with peanut butter and syrup, and enjoy.

