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## **Protein Mug Brownie**

### **Ingredients**

1 scoop Casein Protein  
2 Egg Whites  
1 tbsp Coconut Flour  
1 tbsp Cacao  
¼ cup Milk  
½ tsp Baking powder  
1 tbsp Vanilla Extract

### **Directions**

1. Mix all ingredients.
2. Spray coffee mug with non-stick cooking spray.
3. Pour ingredients into mug and cover with plastic wrap.
4. Place in microwave 30-60 sec and top with peanut butter.