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Protein Mug Cake

Ingredients

Baking soda 1/4 tsp
Egg whites 2
Whey protein (flavor of choice) 1 scoop
Low-fat Greek yogurt 1 tbsp
Peanut butter 1 tbsp
Sugar-free maple syrup 1 tbsp

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 nut butter and syrup, and enjoy.

Nutrition Facts

Serving size: 1 mug cake
Recipe yields 1 mug cake

Calories 246
Fat 10 g
Carbs 4 g
Protein 35 g

