



Amanda Latona's Protein Mug Cake

Ingredients

- 1 scoop chocolate and peanut butter casein protein
- 1 tbsp coconut flour
- 1 tbsp unsweetened cocoa powder
- 1 tbsp PB2
- 1 tbsp baking Stevia
- 1/3 tsp sodium-free baking powder
- 2 tbsp liquid egg whites
- Unsweetened almond milk to consistency

Directions

1. Mix together casein, flour, cocoa powder, PB2, Stevia, and baking powder.
2. Stir in egg whites.
3. Add almond milk to the desired consistency. It should be dough-like. I add a little extra almond milk because I like my cake a little softer.
4. Pour batter into a coffee mug and cover with plastic wrap.
5. Microwave for 75-90 seconds, depending on taste.
6. Remove cake from mug and place on a plate.
7. Put 1 tbsp natural peanut butter in the middle and allow it to melt. It's like a chocolate peanut butter lava cake!
8. You know you want one. Enjoy!