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Cookies-and-Cream Protein Mug Cake

Ingredients:

Cookies and cream whey protein powder 20 g
Oat flour 2 tbsp
Coconut flour 1 tbsp
Truvia 1 tsp
Baking powder 1/4 tsp
Unsweetened milk (I used an almond-coconut blend) 3 tbsp
Nonfat plain Greek yogurt 2 tbsp
Egg white 2 tbsp (1 large)
White Chocolate Sweet Spreads Coconuter 1 tsp (optional)
Butter extract 1/4 tsp (optional)
Cookies and Crème Chocolite chopped 1 piece (optional)

Frosting:

Fat-free cream cheese 1-1/2 tbsp
Nonfat plain Greek yogurt 1 tbsp
Truvia 1 tsp
Butter extract 1-2 drops

Additional topping:

Cookies and Crème Chocolite, chopped 1 piece
Walden Farms calorie-free chocolate syrup 2 tbsp

Directions:

1. Lightly spray a large coffee mug with cooking spray.
2. Mix together dry cake ingredients in a bowl, then add wet ingredients until combined.
3. Fold in chopped up Chocolite (optional).
4. Pour into an oversized mug and microwave for 2 minutes.
5. Dump your cake onto a plate and allow to cool.
6. Top with frosting, Chocolite bits, and chocolate syrup (optional). Enjoy!

Nutrition Facts:

Serving size: 1 cake (with toppings)

Recipe yields: 1 serving

Calories: 352

Fat: 12 g

Carbs: 38 g

Protein: 34 g