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## **Chocolate Brownie Protein Mug Cake**

### **Ingredients:**

Chocolate protein powder 15 g  
Almond flour 2 tbsp  
Unsweetened cocoa powder 2 tbsp  
Stevia 1-1/2 tbsp  
Unsweetened applesauce 2 tbsp  
Egg whites 3 tbsp  
Vanilla 1/4 tsp  
Dash of salt (optional)

### **Directions:**

1. Combine all ingredients in a mixing bowl, stirring until smooth.
2. Lightly spray the inside of a large coffee mug with cooking spray, and pour in the batter.
3. Microwave on high for 1-1/2 minutes, or until cooked through.
4. Dump your cake on a plate to cool while you prepare your topping. Enjoy!

### **Cake Nutrition Facts:**

Serving size: 1 cake  
Recipe yields: 1 serving  
Calories: 200  
Fat: 10 g  
Carbs: 15 g  
Protein: 19 g

### **Topping:**

Vanilla protein powder (I used Jamie Eason Lean Body for Her Whey Isolate) 40 g  
Coconut flour 2 tbsp  
Water 2 tbsp  
Natural peanut butter (or cashew butter) 1 tbsp  
Truvia brown sugar blend 1-1/2 tsp  
Stevia (or sweetener of choice) 1-1/2 tsp

Vanilla extract 1/8 tsp  
Butter extract (optional) 1/8 tsp  
Salt (optional) 1/8 tsp  
Mini chocolate chips 1 tbsp

**Topping Directions:**

1. Combine all ingredients except chocolate chips and mix until a dough is formed.
2. Fold in chocolate chips and roll into six even-sized balls.
3. If desired, break each ball in half to make six mini balls (I used four mini balls to top my mug cake)!

**Topping Nutrition Facts:**

Calories (per mini ball, including optional ingredients): 30

Fat: 1 g

Carbs: 2 g

Protein: 3 g