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## **Dark Chocolate Mint Protein Mug Cake**

### **Ingredients:**

Chocolate whey protein 20 g  
Almond flour 2 tbsp  
Coconut flour 1 tbsp  
Unsweetened cocoa (I used Special Dark) 1 tbsp  
Truvia 1 tsp  
Baking powder 1/4 tsp  
Unsweetened applesauce 3 tbsp  
Unsweetened cashew milk 3 tbsp  
Egg whites 2 tbsp  
Mint extract 1/4 tsp

### **Mint Frosting:**

Mint chocolate chip whey protein (or vanilla and a dash of mint extract) 20 g  
Unsweetened cashew milk 1/4 cup  
Truvia 1/2 tsp

### **Additional Topping:**

Dark chocolate mint coconut butter, melted (or sugar-free chocolate sauce) 1 tsp  
Sugar-free dark chocolate mint chocolate, shaved into curls 2 squares (5.5 g)

### **Directions:**

1. Lightly coat an oversized mug with cooking spray and set aside.
2. Mix together cake ingredients in a bowl.
3. Spoon batter into mug and microwave for 2 minutes.
4. Dump your cake out onto a plate to cool.
5. Mix up your frosting and heat coconut butter for 10 seconds in the microwave.
6. Top cake with mint frosting, coconut butter, and sugar-free chocolate curls.

### **Nutrition Facts:**

Serving size: 1 cake (with toppings)  
Recipe yields: 1 serving

Calories: 395

Fat: 19 g

Carbs: 25 g

Protein: 38 g