



CHOCOLATE PROTEIN MUG CAKE

INGREDIENTS

1/4 Cup PowerStrength Protein Powder (Chocolate or Vanilla)

1/4 Cup Milk (or milk alternative)

2 Tablespoon Cocoa Powder

1 Tablespoon Stevia Sweetener (or other sweetener of your choice)

1 Tablespoon Peanut Butter or Other Nut Butter (to decrease calories and fat grams substitute an unsweetened peanut powder)

1 Teaspoon Coconut Oil, Melted

DIRECTIONS

1. Mix everything in a mug.
2. Microwave for 30 seconds. Wait 5 seconds. And microwave for 30 more seconds.