

Chocolate Protein Mug Cake

9 ingredients · 10 minutes · 1 serving



Directions

1. In a mug whisk the flour, protein powder, cocoa powder, coconut sugar, baking powder, and salt. Add the milk and tahini. Stir well to combine until no flour remains. Fold in the chocolate chips.
2. Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is one mug cake.

Additional Toppings

Top with more chocolate chips before cooking.

Protein Powder

This recipe was developed and tested using both a plant-based protein powder and a whey protein powder. Either option will work.

Ingredients

3 1/2 tbsps All Purpose Gluten-Free Flour

2 tbsps Chocolate Protein Powder

1 1/2 tbsps Cocoa Powder

1 1/2 tbsps Coconut Sugar

1/2 tsp Baking Powder

1/8 tsp Sea Salt

1/4 cup Unsweetened Almond Milk

1 tbsp Tahini

1 tbsp Dark Chocolate Chips

