



PB Protein Mug Cake



Entire recipe: 138 calories, 5.5g total fat (1.5g sat. fat), 238mg sodium, 10.5g carbs, 4.5g fiber, 2.5g sugars, 13g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

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Ingredients

1 tbsp. coconut flour
1 tbsp. vanilla protein powder with about 100 calories per serving (like [the kinds by Tera's Whey](#))
1 tbsp. powdered peanut butter (like [Just Great Stuff](#))
1/4 tsp. baking powder
Half of a natural no-calorie sweetener packet (like [Truvia](#) or [Stevia in the Raw](#))
2 tbsp. egg whites (about 1 large egg white)
1 tbsp. light vanilla soymilk or unsweetened vanilla almond milk
1/8 tsp. vanilla extract
1/4 oz. (about 1 tbsp.) chopped peanuts

Directions

Spray a microwave-safe mug with nonstick spray. Add flour, protein powder, powdered peanut butter, baking powder, and sweetener. Mix well.

Add egg whites, soymilk/almond milk, vanilla extract, and 2 tablespoons water. Stir until uniform.

Microwave for 1 minute and 15 seconds, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Firmly place a plate over the mug, and flip so that the plate is on the bottom. Gently shake mug to release cake onto the plate.

Sprinkle with peanuts. Eat warm.

MAKES 1 SERVING

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