



BANANA CHOCOLATE MUG CAKE RECIPE

236 Calories

Ingredient List

- 1/2 medium banana, mashed
- 1/2 scoop PEScience vanilla protein powder or a whey-casein protein powder
- 2 tbsp 2% Fairlife milk or regular 2% milk
- 1 tbsp non-fat Greek yogurt
- 1/4 tbsp butter
- 2 tbsp all-purpose flour
- 1 tbsp zero-calorie brown sugar
- 20-30 sugar-free semi-sweet chocolate chips
- 1/8 tsp of vanilla extract
- 1/8 tsp baking soda
- Pinch of salt

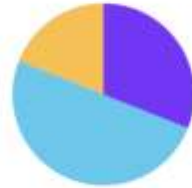
Cooking Instructions

1. Add the butter to the mug and melt in the microwave for 30 seconds. Swirl it around the sides and bottom of the mug.
2. Stir the mashed banana, milk, Greek yogurt, vanilla extract, and brown sugar with the butter in the mug until well combined.
3. Mix the protein powder, flour, baking soda, and salt in a separate bowl then add to the mug to combine with the wet ingredients.

4. Add half of the chocolate chips into the batter and gently stir them in. Add the rest of the chocolate chips on top of the mug cake.
5. Microwave for 60-90 seconds and enjoy!

MACROS

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● Fat	5g
● Carbs	28g
● Protein	17g