



## STRAWBERRY SHORTCAKE MUG CAKE RECIPE

247 Calories

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### *Ingredient List*

- 1/4 cup 2% Fairlife milk or regular 2% milk
- 1/2 scoop [PEScience vanilla protein powder](#) or a whey-casein protein powder
- 2 tbsp all-purpose flour
- 1 tbsp zero-calorie sweetener
- 1/8 tsp baking powder
- 1/2 tbsp butter
- 1 large egg yolk
- 2 strawberries, chopped
- Pinch of salt
- Low-fat whipped cream (for serving)

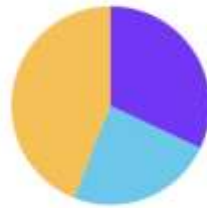
### *Cooking Instructions*

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 milk, egg yolk, vanilla extract, and zero-calorie sweetener with the butter in the mug until well combined.
3. Mix the protein powder, flour, baking powder, and salt in a separate bowl then add to the mug to combine with the wet ingredients.
4. Add half of the chopped strawberries into the batter and gently stir them in.
5. Microwave for 60-90 seconds. Top with the whipped cream and the rest of the strawberries. Enjoy!

## MACROS

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● Fat	12g
● Carbs	14g
● Protein	19g