

30 Second Fudgy Protein Brownie Mug Cake Recipe {Gluten & Grain Free}

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Ingredients:

- ◆ 1/4 cup almond milk
- ◆ 1/4 tsp vanilla extract
- ◆ 1 scoop chocolate protein powder
- ◆ 1.5 tbsp unsweetened cocoa powder
- ◆ 1/2 tbsp coconut flour
- ◆ 1/2 tsp baking powder
- ◆ 5-10 drops liquid stevia (depending on sweet you like things) or any other sweetener available



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Instructions:

- ◆ Mix together all of the ingredients.
- ◆ Pour into a mug.
- ◆ Heat in the microwave for 25-35 seconds, or until the middle is cake-like and the top and edges are slightly running.
- ◆ Grab a fork and dig in!

