



## Vanilla Mug Cake

### Description

This vanilla mug cake is the fastest way to make a delicious single-serving dessert. My family requests one after dinner almost every day!

Prep Time 1 minute

Cook Time 1 minute

Total Time 2 minutes

Servings 1 serving

Calories 225 kcal

### Ingredients

- 1 scoop vanilla protein powder 32-34 grams
- 1/2 teaspoon baking powder
- 1 tablespoon coconut flour
- 1 teaspoon maple syrup
- 1 large egg
- 1/4 cup milk
- 1/4 teaspoon vanilla extract

### Instructions

- Grease a microwave safe mug with cooking spray and set aside.
- In a small bowl, add the protein powder, baking powder, and coconut flour and mix well. Add the maple syrup, egg, milk, and vanilla and mix until combined. .
- Top with chocolate chips and microwave for 60 seconds, or until just cooked in the centre.

### Notes

**To make in the oven:** For a baked mug cake, prep it as instructed and bake at 180C/350F for 6-7 minutes. You can also use the air fryer if you prefer.

### Variations & Tips

- **Vegan.** Swap the eggs with one of my **egg substitutes** and use **vegan chocolate chips**.
- **Dairy-free.** Use dairy-free milk and plant-based protein powder.
- **Birthday cake.** Swap the vanilla extract for almond extract and swap the chocolate chips for funfetti sprinkles.
- **Add a pinch of salt** to amplify the other flavors.
- **Add a scoop of vanilla ice cream** or whipped cream for a more decadent treat.
- **To store:** While this mug cake is meant to be eaten immediately, you can store the leftover cake in the fridge for up to 1 day. Keep it covered with food wrap and reheat it in the microwave for 10 to 15 seconds before eating.

### Nutrition

Serving: 1serving | Calories: 225kcal | Carbohydrates: 13g | Protein: 25g | Fat: 7g | Sodium: 457mg | Potassium: 210mg | Fiber: 3g | Sugar: 7g | Vitamin A: 270IU | Calcium: 382mg | Iron: 1mg | NET CARBS: 10g

### Category

1. High Protein Recipes

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