



CHOCOLATE PROTEIN MUG CAKE

High-Protein / Gluten-Free / Grain-Free / Low Sugar

Recipe by Kat (@katalysthealth) and featured on MariGoldBars.com

"This CHOCOLATE PROTEIN CAKE is the perfect little sweet tooth fix. Coming in at around 150 calories & with 8 grams of protein, it's my current go-to for literally any time of day!"

- Kat (@katalysthealth)

INGREDIENTS:

- 2 tablespoons oat flour
- 2 tablespoons MariGold Rich Chocolate Malt Protein Powder
- 1 tablespoon cocoa powder
- 1/2 teaspoon baking powder
- 1 heaping tablespoon pumpkin purée
- 2-3 tablespoons almond milk
- chocolate chips

DIRECTIONS

1. Mix ingredients together in a microwave safe mug. Microwave for 60 seconds. Don't over cook it!
2. Top with nut butter & devour.



Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldBars.com)

