CHOCOLATE MALT PROTEIN MUG CAKE
High-Protein / Keto-Friendly / Grain-Free / Sugar-Free

Recipe by @healthy.mom.healthy.family and featured on MariGoldFoods.com

"This easy Protein Chocolate Mug Cake is loaded with protein thanks to @marigoldfoodstx Chocolate Malt Protein Powder. Marigold protein powder is sugar-free, gluten-free, grass-fed protein packed with gut-friendly l-glutamine. "
- @healthy.mom.healthy.family

INGREDIENTS:

- 4 Tbsp almond flour
- 1 Tbsp cocoa powder
- 2 Tbsp MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 2 Tbsp monk fruit sweetener (or try MariGold Allulose!)
- 1/2 tsp baking powder
- 5 Tbsp almond milk (or other milk)
- 1 Tbsp sugar-free chocolate chips

DIRECTIONS:

1. Add the almond flour, cocoa powder, protein powder, monk fruit sweetener and baking powder to a greased mug or ramekin whisking to combine.

2. Add the almond milk, whisking to combine.

3. Sprinkle the chocolate chips on top.

4. Bake at 350 for 10-15 minutes, until set and a toothpick inserted in the center comes out clean, or, microwave for 60-90 seconds, until set. Enjoy!

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