



CREAMY VANILLA PROTEIN MUG CAKE

High-Protein / Gluten-Free / Keto-Friendly / Low-Carb

Recipe Featured on MariGoldFoods.com

INGREDIENTS:

- 1 scoop of MariGold Creamy Vanilla Whey Isolate Protein Powder
- 2 tablespoons almond flour
- 1 teaspoon baking powder
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon almond butter
- 2 tablespoons almond milk
- 1/2 teaspoon vanilla extract
- A pinch of salt
- Dark chocolate chips (optional, for topping)



DIRECTIONS:

1. In a microwave-safe mug, combine the Creamy Vanilla Protein Powder, almond flour, baking powder, cocoa powder, and a pinch of salt.
2. Stir in almond butter, almond milk, and vanilla extract until you have a smooth batter.
3. Microwave the mug on high for 1-2 minutes, or until the cake rises and is cooked through.
4. Top with dark chocolate chips if desired.
5. Let it cool for a minute, and then enjoy your protein-packed mug cake!

Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

