

Peanut Butter Chocolate Banana Protein Mug Cake



Ingredients

- 1 scoop chocolate whey protein powder
- 1 small very ripe banana, mashed
- 1 egg
- 1 tbs. honey
- 1/4 tsp. baking powder
- Pinch of salt
- 1 tbs. peanut butter

Prep Time 5 minutes

Servings 1 serving

Difficulty



Nutrition

Per serving:

400 calories

40g carbohydrates

31g protein

14g fat

4g fiber

421mg sodium

Dietary

GF, Vegetarian

Source

Adapted from
kimsgravings.com

Directions

Spray the insides of a microwave-safe mug with cooking spray.

Mix all ingredients except peanut butter together in mug until evenly combined.

Microwave 30 seconds. Stir well and microwave another minute.

If cake still looks wet, microwave another 15-30 seconds.

Place peanut butter in small, microwave-safe bowl and heat in microwave for about 15 seconds. Drizzle on top of mug cake and enjoy!

Notes

This high-protein mug cake is the perfect way to satisfy sweet-tooth cravings with a performance-friendly option. With carbohydrates and protein, it works well as a bedtime or post-workout snack to support refueling and recovery.