

Vanilla Cinnamon Mug Cake

- 1-2 tbsp almond flour
- ½ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp vanilla extract
- Tiny pinch of salt
- 3 egg whites or 6 tbsp liquid egg whites
- 2 tbsp vanilla protein powder
- Sweetener to taste (monkfruit or Truvia brown sugar work great)



- Blend all ingredients together in a microwave safe ramekin.
- Microwave for 30-60 seconds, until ingredients are cooked without being dry (cooking time depends on power of your microwave).
- Dust with a little extra cinnamon, then enjoy!

CALORIES: 170
FAT: 5G

CARBS: 6G
PROTEIN: 23G

Nutrition Information: values may vary depending on products/brands used. Makes 1 serving.