



PB Protein Mug Cake



Entire recipe: 138 calories, 5.5g total fat (1.5g sat. fat), 238mg sodium, 10.5g carbs, 4.5g fiber, 2.5g sugars, 13g protein

[Click for WW PersonalPoints™ value*](#)

Prep: 5 minutes **Cook:** 5 minutes or less



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 tbsp. coconut flour
- 1 tbsp. vanilla protein powder with about 100 calories per serving (like [the kinds by Tera's Whey](#))
- 1 tbsp. powdered peanut butter (like [Just Great Stuff](#))
- 1/4 tsp. baking powder
- Half of a natural no-calorie sweetener packet (like [Truvia](#) or [Stevia in the Raw](#))
- 2 tbsp. egg whites (about 1 large egg white)
- 1 tbsp. light vanilla soymilk or unsweetened vanilla almond milk
- 1/8 tsp. vanilla extract
- 1/4 oz. (about 1 tbsp.) chopped peanuts

Directions

Spray a microwave-safe mug with nonstick spray. Add flour, protein powder, powdered peanut butter, baking powder, and sweetener. Mix well.

Add egg whites, soymilk/almond milk, vanilla extract, and 2 tablespoons water. Stir until uniform.

Microwave for 1 minute and 15 seconds, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Firmly place a plate over the mug, and flip so that the plate is on the bottom. Gently shake mug to release cake onto the plate.

Sprinkle with peanuts. Eat warm.

MAKES 1 SERVING

FYI: We may receive affiliate compensation from some of these links.

*The WW points values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the [SmartPoints®](#) and PersonalPoints™ trademarks.

Questions on the WW points values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.