

HIGH-PROTEIN BANANA BREAD MUG CAKE

Calories: 250

Protein: 22g | **Carbs:** 28g | **Fat:** 5g

Ingredients:

Banana (mashed) – 50g

Oat flour – 25g

Vanilla whey protein – 25g

Egg whites – 40g

Baking powder – 2g

Cinnamon – 1g

Stevia – optional

Splash of almond milk (5–10g if
needed)

Directions:

Mix all ingredients in a large mug.

Microwave for 60–90 seconds until
cooked through.

