

BIRTHDAY MUG CAKE



INGREDIENTS:

- 1 scoop Birthday Bliss Glam Pro
- 2 tbsp oats
- 1 tbsp coconut flour
- 1/4 tsp baking powder
- 2 tbsp water
- 1 egg
- 1 tbsp sprinkles

CREAM CHEESE ICING

- 1 tbsp Birthday Bliss Glam Pro
- 2 tbsp low fat whipped cream cheese

DIRECTIONS:

1. Blend oats into oat flour
2. Add oat flour, coconut flour, Glam Pro, baking powder, and 1/2 tbsp of sprinkles to a microwave safe mug or mason jar. (tall mug recommended) Mix well
3. Add water and egg to the mug and mix until well combined
4. Microwave on high for 1 minute (stop as needed if overflowing)
5. Mix whipped cream cheese and Glam Pro to make topping, add water as needed to mix well
6. Top the mug cake with cream cheese icing and top with the other 1/2 tbsp of sprinkles

Enjoy!

Makes 1 Serving

Calories: 315 | Protein: 28 g | Carb: 17 g | Fat: 13 g | Fiber: 5