



CINNAMON ROLL MUG CAKE



INGREDIENTS:

- 1 scoop GLAM PRO Breakfast in Bed protein powder
- 1 tbsp coconut flour
- 1/4 tsp cinnamon
- 1/2 tsp baking powder
- 1 whole egg or 1 tbsp ground flaxseed + 3 tbsp water

Cream Cheese Icing:

- 1/2 tbsp light cream cheese
- 1-2 packets low calorie sweetener

DIRECTIONS:

- 1) Mix all ingredients in a microwave safe mug
- 2) Microwave on high for 45 seconds - 1 minute. Stop as needed if overflowing
- 3) Cream cheese icing: mix low calorie sweetener and cream cheese until soft
- 4) Top with cream cheese icing and a dash of cinnamon

Enjoy!

Makes 1 Mug Cake

Calories: 212 | Protein: 23 g | Carbs: 9 g | Fat: 9 g | Fiber: 3 g