



# RED VELVET MUG CAKE



## INGREDIENTS:

- 1 Scoop GLAM PRO Ravishing Red Velvet protein powder
- 1 Tbsp coconut flour
- 1/2 tsp baking powder
- 1/4 cup unsweetened plant milk
- 1 egg white

## Cream Cheese Icing:

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

## DIRECTIONS:

- 1) Mix all ingredients in a microwave safe mug
- 2) Microwave on high for 1 and a half to 2 minutes

Optional: Mix softened cream cheese and sweetener. Top Mug Cake with cream cheese icing.

Enjoy!

Makes 1 Mug Cake

Calories: 124 | Protein: 19 gm | Carbs: 6 gm | Fat: 2 gm