

High Protein Muffin in a Mug

Yields: 1 large muffin

Serving size: 1 muffin



Ingredients

- 2 tablespoons skim milk powder
- 2 tablespoons whole wheat flour or quinoa flour
- 1 tablespoon cocoa powder
- 2 tablespoons applesauce
- 1 egg
- 1 tablespoon chocolate chips
- 1/8 teaspoon baking powder
- 1/8 teaspoon vanilla
- sprinkle cinnamon



Directions

- Spray a glass microwave-safe mug or small bowl with nonstick spray.
- Add all ingredients to mug or bowl and stir well.
- Microwave on high for 2 minutes until set and fluffy. (cooking times will depend on microwaves)

Nutritional information

- Calories: 177
- Carbohydrates: 28g
- Protein: 10g
- Fat: 4.5g

Watch the recipe video online:

<https://www.coach.ca/high-protein-muffin-in-a-mug-p161512>

Find out more

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