



High Protein Chocolate Mug Cake

35g Protein | 5 Minute Microwave Recipe

Healthy, Low Sugar, Single-Serve Dessert for
Weight Loss & Muscle Building



Under 350
Calories



No Protein
Powder Aftertaste



Ready in
5 Minutes

Why You'll Love This Recipe

If you're trying to build muscle, lose weight, or simply enjoy dessert without guilt — this high protein chocolate mug cake is your new go-to.

- ✓ 35g of protein
- ✓ Ready in 5 minutes
- ✓ Single serving (no leftovers temptation)
- ✓ Rich, moist, and chocolatey
- ✓ No complicated ingredients



Perfect for:

- Post-workout dessert
- Late-night sweet cravings
- Meal prep treat
- Fitness-focused lifestyles



Nutrition Per Serving

Calories: 330–360

Protein: 35g

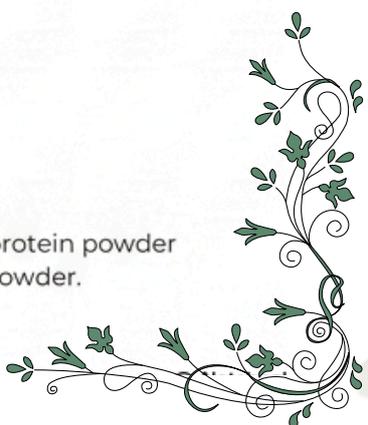
Carbohydrates: 28g

Fat: 8g

Fiber: 6g

Sugar: 4–6g

Nutritional values are estimates and may vary. Calories depend on the specific protein powder used. Nutrition calculated using whey isolate and unsweetened cocoa powder.



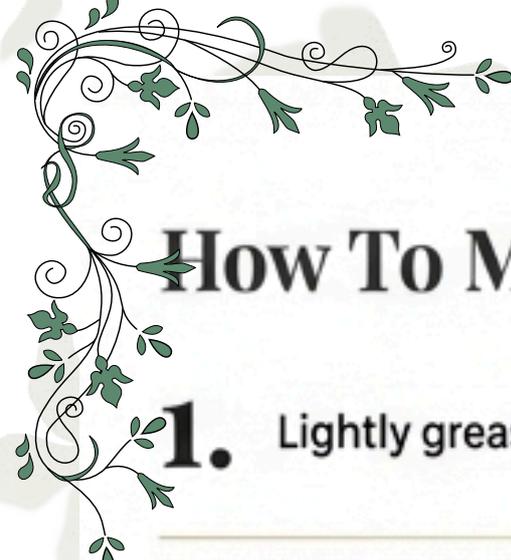


Ingredients For One Serving

-  1 scoop (30g) chocolate or vanilla whey protein powder
-  1 tablespoon unsweetened cocoa powder
-  1 tablespoon almond flour (or oat flour)
-  1 tablespoon granular sweetener (monk fruit, stevia blend, or sugar)
-  ½ teaspoon baking powder
-  Pinch of salt
-  1 large egg
-  3 tablespoons unsweetened almond milk (or any milk)
-  1 tablespoon Greek yogurt (adds moisture & protein)

Optional Add-in

- 1 tablespoon dark chocolate chips
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How To Make It

- 1.** Lightly grease a large microwave-safe mug.

- 2.** Add all dry ingredients to the mug and mix thoroughly.

- 3.** Add egg, milk, and Greek yogurt. Stir until smooth. Make sure no dry pockets remain.

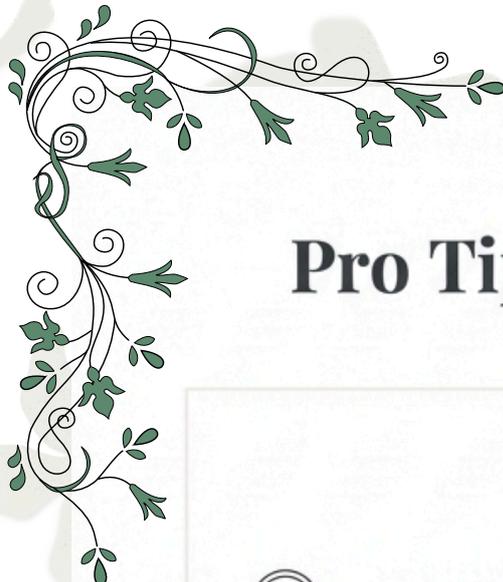
- 4.** Fold in chocolate chips (optional).

- 5.** Microwave for 60-90 seconds. Start with 60 seconds and add 10 seconds at a time if needed.

- 6.** Let cool for 1 minute before eating. It will continue cooking slightly.

Texture Tip

- For a molten center → microwave 60-65 seconds.
 - For a fully set cake → microwave 80-90 seconds.
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Pro Tips For Perfect Texture

-  • Do not overcook (protein dries quickly)
-  • Use whey isolate for best texture
-  • Casein protein creates a denser cake
-  • Add 1 teaspoon nut butter for richer flavor
-  • If too dry → add 1 tablespoon milk next time





Five Flavor Variations

Peanut Butter Lava Version

Add 1 tablespoon peanut butter in the center before microwaving.

Mocha Version

Add ½ teaspoon instant coffee to the dry mix.

Birthday Cake Version

Use vanilla protein powder + ½ teaspoon sprinkles.

Double Chocolate

Use chocolate protein powder + an extra 1 tablespoon chocolate chips.

Low Carb Keto Version

Replace almond flour with oat flour and use erythritol as your sweetener.





Storage And Meal Prep

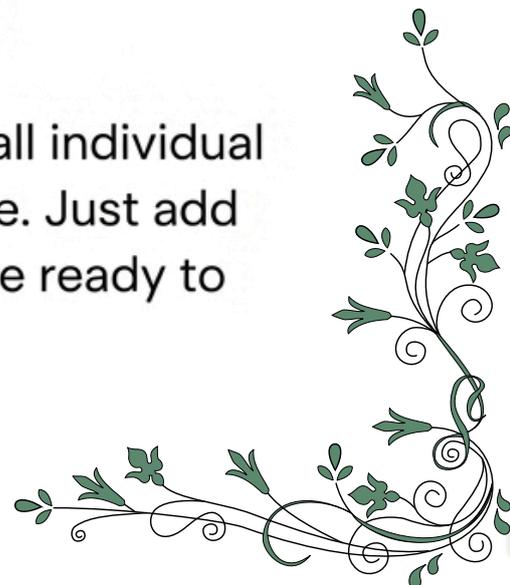
Best eaten fresh.

- Store covered at room temperature for up to 12 hours
 - Refrigerate for up to 2 days
 - Reheat for 15–20 seconds before serving
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Meal Prep Tip

Pre-mix the dry ingredients in small individual jars for grab-and-go convenience. Just add the wet ingredients when you are ready to microwave!





Ingredient Substitutions

No almond flour?



Use oat flour.

No Greek yogurt?



Use 1 tablespoon applesauce.

Dairy free?



Use plant-based protein powder and coconut yogurt.

No egg?



Use 1 tablespoon flaxseed + 2 tablespoons water (let sit 5 minutes before mixing).

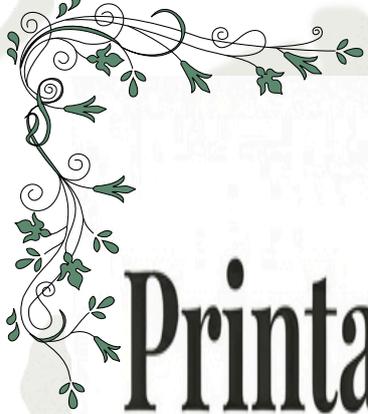




Perfect For Your Lifestyle

This recipe was designed specifically with this to back your goals in mind. Actually with your goals in mind.

- Gym-goers tracking their macros
- Weight loss journeys needing a sweet fix
- Busy professionals with zero time to bake
- College students using dorm microwaves
- Anyone craving chocolate without the guilt



Printable Grocery Checklist

- Protein powder
- Cocoa powder
- Almond flour
- Baking powder
- Sweetener
- Eggs
- Almond milk
- Greek yogurt

Additional Items:

