

1 Minute Brownie

Ingredients

- 2 scoop Muscle Protein chocolate protein powder (Power or Platinum)
- 1 tbsp coconut flour
- 2 tbsp granulated sweetener of your choice
- 1/2 tsp baking powder
- 1-2 tbsp cocoa powder
- 1 large egg
- 1/4 cup milk of choice
- 1 tbsp chocolate chips (optional)



Instructions

Microwave version:

1. Grease a small cereal bowl or deep mug and set aside.
2. In a mixing bowl, combine the protein powder, coconut flour, baking powder, granulated sweetener and cocoa powder and mix well.
3. In a separate bowl, whisk the egg with the milk and pour into the dry mixture and mix until fully incorporated. Top with chocolate chips if desired.
4. Microwave for 60 seconds and remove from microwave and enjoy immediately.

Oven version

1. Pour batter in an oven safe dish and bake for 10-12 minutes on 180 degrees celsius, until desired consistency.

Time Required

Prepare: 5 minutes

Cook: 1 minute

Tools Required

Microwave

Notes

For a more moist and fudge cake, remove from microwave/oven earlier.

For a muffin like cake, you can cook slightly longer.