



Salted Caramel Peanut Butter Protein Cake in a Mug



Developed by Hungry Girl. Brought to you by [PB2](#).

Entire recipe: 214 calories, 3.5g total fat (1.5g sat. fat), 665mg sodium, 24g carbs, 4.5g fiber, 10g sugars, 20g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 5 minutes



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Ingredients

1/4 cup + 2 tbsp. (1 1/2 scoops) [PB2 Performance Peanut Protein Plant Powder with Madagascar Vanilla](#)
1/2 tsp. baking powder
3 tbsp. fat-free vanilla yogurt
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
1/4 tsp. caramel extract
1 1/2 tsp. light caramel dip
Dash sea salt
Optional topping: peanuts

Directions

Spray a microwave-safe mug with nonstick spray. Add PB2 powder and baking powder. Mix well.

Add yogurt, egg white/substitute, and caramel extract. Microwave for 1 minute and 15 seconds, or until mostly set.

Let cool slightly, about 5 minutes.

In a small microwave-safe bowl, microwave caramel dip for 5–10 seconds, until hot.

Top cake with caramel dip and salt.

MAKES 1 SERVING

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