

S'mores Protein Mug Cake

Printable grocery list - Serves 1

- ☐ Almond flour
- ☐ Chocolate protein powder (Orgain Creamy Chocolate Fudge)
- ☐ Unsweetened cocoa powder
- ☐ Monkfruit sweetener (Lakanto)
- ☐ Baking powder
- ☐ Large egg
- ☐ Unsweetened almond milk
- ☐ Sugar-free chocolate chips (Lily's)
- ☐ Sugar-free marshmallows
- ☐ Graham cracker crumbs