



# VITAL CUISINE® Chocolate Mug Cake





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## INGREDIENTS

1 Serving

### WET INGREDIENTS

- 2 Tbsp mashed banana
- 1/2 Tbsp melted butter
- 1/4 tsp vanilla
- 1/4 cup **VITAL CUISINE® 500 Chocolate Shake** Item: 72502
- or
- VITAL CUISINE® Chocolate Shake Mix** Item: 38316, prepared with whole milk

### DRY INGREDIENTS

- 1 (8 g) packet Item: 15309 or 1 scoop **VITAL CUISINE® PROPASS® Whey Protein Supplement** Item: 13126
- 1 Tbsp flour
- 2 tsp unsweetened cocoa powder
- 1/2 Tbsp brown sugar
- 1/4 tsp baking powder
- 2 tsp mini chocolate chips

## DIRECTIONS

1. In a large mug or microwavable container (16 oz or larger), combine mashed banana, **VITAL CUISINE® Shake**, melted butter and vanilla and stir well.
2. In a separate bowl, stir together flour, **VITAL CUISINE® PROPASS® Whey Protein Powder**, cocoa powder, brown sugar, and baking powder.
3. Add dry ingredients to wet ingredients in mug and stir until thoroughly combined.
4. Add chocolate chips and stir well.
5. Heat in microwave for 2-3 minutes or until set. (Microwaves may vary so adjust cooking time as needed.)
6. Let cool at room temperature for 2-3 minutes.
7. Serve warm with vanilla ice cream or whipped cream and fudge sauce.

## NUTRITION

Using **VITAL CUISINE® 500 Shake**

**Serving Size:** 1 cup  
**Calories:** 370  
**Total Fat:** 14g  
**Saturated Fat:** 6g  
**Trans Fat:** 0g  
**Cholesterol:** 40mg  
**Sodium:** 230mg  
**Total Carbs:** 47g  
**Dietary Fiber:** 4g  
**Total Sugars:** 23g  
**Added Sugars:** 15g  
**Protein:** 14g  
**Vitamin D:** 0% DV  
**Calcium:** 20% DV  
**Iron:** 10% DV  
**Potassium:** 10% DV

Using **VITAL CUISINE® Shake Mix prepared with whole milk**

**Serving Size:** 1 cup  
**Calories:** 320  
**Total Fat:** 12g  
**Saturated Fat:** 7g  
**Trans Fat:** 0g  
**Cholesterol:** 45mg  
**Sodium:** 200mg  
**Total Carbs:** 43g  
**Dietary Fiber:** 4g  
**Total Sugars:** 27g  
**Added Sugars:** 14g  
**Protein:** 13g  
**Vitamin D:** 4% DV  
**Calcium:** 15% DV  
**Iron:** 20% DV  
**Potassium:** 10% DV