

# Mug Cake

## Ingredients

- 1/3 cup oats
- 1/3 cup milk of choice
- 1/2 scoop chocolate or vanilla protein powder
- Drizzle of honey or pure maple syrup
- 1/2 banana
- 2 T. chocolate chips

## Directions

1. Put everything in a blender (except chocolate chips) and blend until smooth
2. Pour into a mug or bowl and add chocolate chips
3. Microwave for ~2 minutes or until desired consistency



**\*Recipe for 1 serving**