



# 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

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