

Dialyvite® Whey Plus Cake-in-a-Mug Snack Cake



An individual snack cake, with the benefits of Dialyvite®'s Whey Plus Protein and ready in a minute!

Basic Cake Ingredients:

1 box Angel Food Cake mix
1 box Devil's Food Cake mix

Ingredients:

3 Tablespoons Cake mix
1 scoop Dialyvite® Whey Plus Protein
1 Tablespoon creamy Peanut Butter
3 Tablespoons water

Directions:

Combine the two mixes.
Store in airtight container in cupboard.

Directions:

Combine the cake mix, whey powder and peanut butter in a large microwave safe mug.
Add water and stir to remove all lumps.
Microwave on high for 1 minute.

Cake can be eaten in the mug or placed on a plate. This is a fun little cake that can be embellished with chocolate chips (added before microwaving), whipped cream, fruit or chocolate syrup.

Each serving contains approximately:

14 grams of Protein 9 grams of Total Fat 2 grams Saturated Fat 13 grams of Sugar 250 milligrams of Sodium
250 milligrams of Potassium 1 gram Dietary Fiber 180 milligrams of Phosphorus 82 grams of Carbohydrates 225 Calories