



Pineapple Mug Cake

Such Tasty Goodness That You Almost Feel Like You're Cheating!

The Mugshot Profile



A single serving of yumminess that satisfies your sweet tooth without being left with an entire pan of said yumminess to tempt and taunt you for days to come?! Personally, Lead Like a Girl thinks this idea is genius! And in our effort to continually refine what it means to eat healthy and live an 80/20 lifestyle (eat what makes our bodies happy 80% of the time and whatever the heck we want the other 20% of the time), we are constantly trying new ways to make mug cakes healthier, more delicious, and something we can be proud to eat!!

Let's Get Our Mug On!

Super Cake Frosting Ingredients

- * 2 tbsp. plain Greek yogurt
- * ½ tsp. rum extract
- * Add Stevia drops to taste
- * 2 tbsp. Walden Farms zero calorie caramel dipping sauce

Super Cake Ingredients

- * 2 tbsp. vanilla protein powder
- * 2 tbsp. coconut flour
- * ½ tsp. baking powder
- * 2 tbsp. egg whites
- * 2 tbsp. plain Greek yogurt
- * 2 tbsp. pineapple juice
- * ½ tsp. rum extract
- * 2-3 tbsp. diced fresh pineapple
- * Add liquid stevia drops to taste

Make A Mug Special Instructions

Mix dry ingredients. Add wet ingredients & mix well. Use extra egg whites or juice if it needs to be more "cake batter-y." Fold in pineapple chunks & pour into a greased mug (We like to use a tall one so it doesn't bubble over the top). Microwave for 1.5-2.5 minutes (depends on power of your microwave... start with 90 seconds & add time in 30-second increments until you find the right timing for your microwave). Once it is done, flip it upside down onto a plate & stick in the freezer for a few minutes to do a quick insta-cool before adding the frosting & garnish.

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