

TIM'S MUG CAKE

1. ADD YOUR PROTEIN ALLOTMENT IN CASEIN TO A MUG.
2. ADD 4 TBS OF EGG WHITE AND 0.5 TSP OF BAKING POWDER. MIX WELL
3. ADD A LITTLE WATER AND STIR UNTIL YOU GET A CONSISTENCY OF FROSTING (APX 2-3 TBS)
4. PLACE IN MICROWAVE FOR 1 MINUTE, STIR IT AND PUT BACK IN THE MICROWAVE FOR ANOTHER 50 SECONDS.
5. ONCE IT'S DONE ADD WHATEVER EXTRAS YOU WANT AND JUST TRACK THOSE SEPARATE. WE USE PEANUT BUTTER, CHOCOLATE AND SOME LOW FAT ICE CREAM AND TRACK THEM ALL SEPARATELY

