



Ashley's Meal Prep Monday!



Gingerbread Cookie Mug Cake

INGREDIENTS

2 TBSP applesauce or pumpkin puree
2 TSP melted coconut oil
1 TBSP coconut sugar
1/2 TBSP molasses
1/4 TSP cinnamon
1/4 TSP ginger
1/4 TSP all spice
pinch of cloves
pinch of salt
2 TBSP vanilla protein powder - you could even use a flour here if not wanting the protein added
1 TBSP nut butter of choice

Toppings: melted white chocolate or coconut butter

Mix all of the ingredients together (except for the toppings) until they're well combined. Pour into a small greased glass dish or a mug.

Microwave for 45-60 seconds and then add toppings. Be careful to not over cook the cake so that it doesn't dry out. Let the cake cool, then enjoy!

Recipe: @laus_healthy_life

CARTWRIGHT'S
MARKET