



Health Food Solutions

## PROTEIN MUG CAKE

Item No.: 5449229

Fluffy, velvety, incredibly delicious – our mug cake is a quick and tasty treat to enjoy from time to time. Mix with a little milk in a good-sized mug to produce a batter that transforms into a steaming cake after just a few seconds in the microwave.

Our expert nutritionists have developed a baking mix based on wholemeal oat flour, concentrated whey protein and egg white powder. It's available in lemon, apple & cinnamon, coconut & blueberry, chocolate, stracciatella, chocolate & coffee and chocolate & caramel flavours. We are open to new flavour ideas and would be happy to collaborate and test feasibility. Thanks to the specially selected ingredients, our cake in a cup also includes healthy added protein. Low-sugar variants with sugar substitutes such as erythritol are also available upon request.



### Benefits

- Quick and easy to prepare
- Source of protein
- Available in lots of different varieties
- Low-sugar versions with erythritol also possible



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# PROTEIN MUG CAKE

## Description

Baking mixture

## Dosage per serving and use

For one portion mix 50g powder and 40ml low-fat milk (1.5% fat) in a big cup to form a dough. Then bake in the microwave for 1 minute and 20 seconds at 800 W.

## Technical data

Flavours: lemon, apple & cinnamon, coconut & blueberry, chocolate, stracciatella, chocolate & coffee, chocolate & caramel

Shelf life: 18 – 24 months, depending on the packaging format

Storage: Store in a cool, dry and dark place.

Packaging:

## Allergy information

Oat, milk products, egg

## Ingredients

wholemeal **oat** flour, sucrose, **whey** protein concentrate, natural flavouring, chicken **egg** white powder, raising agent: sodium bicarbonate, sunflower oil powder, emulsifier: lecithins, 1.4% Ceylon cinnamon powder, acid: citric acid



Nutrition Information	per 100 g powder	per portion <sup>1</sup>
Energie	1653 kJ/395 kcal	906 kJ/216 kcal
Fat	7.6 g	4.4 g
-of which saturates	1.6 g	1.2 g
Carbohydrate	60 g	32 g
-of which sugars	24 g	14 g
Fibre	5.0 g	2.5 g
Protein	20 g	11 g
Salt	2.5 g	1.3 g

All data are subject to usual variations in natural products.  
<sup>1</sup> 50 g powder + 40 ml low-fat-milk (1.5 % fat)

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