

From Kathryn's Kitchen
www.SouthernBeautyCoach.com

Arbonne Essentials® Chocolate Protein Molten Lava Cake

Prep Time: 5 minutes
Cook Time: 45 seconds
Servings: 1



Ingredients:

- 1 scoop Arbonne Essentials® Chocolate Protein Shake Mix
- ½ tsp Baking Powder
- 1 tbsp Cacao Powder
- 1 tbsp Cashew Milk
- 1 tbsp Maple Syrup
- 1 Egg

Directions:

Whisk ingredients together.

Pour into a mug.

Microwave 45 seconds.

Flip over onto a plate.

Serve with sliced strawberries.



*Enjoy,
Kathryn*

