

Microwave Chocolate Cloud

Prep/cook time: 3 minutes

Serves: 1

Ingredients

- 2 Tbsp whole wheat pastry flour
- 2 Tbsp unsweetened cocoa powder (or cacao powder)
Optional: replace with 2 Tbsp chocolate protein powder
- 2 Tbsp maple syrup
- 1 Tbsp almond milk (I use Malk-it contains no gums/thickeners!)
- 1 tsp vanilla extract
- Optional: chocolate chips (I use Enjoy Life)

Instructions

1. Mix all ingredients in a small bowl or ramekin.
2. Microwave for 90 seconds.
3. Let cool then enjoy!

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