

## **Kayla's Shake-Cake Recipe\***

### **Ingredients**

1 Scoop protein powder

1 T dark cocoa

1 T vanilla

3 T vegetable oil (I prefer coconut oil)

4 T Splenda

1/4 tsp baking powder

Water to thin. 1/8-1/4 c. (I used about 1/8)

WATER\*\* (It's going to be 1/8-1/4 cup based on the protein powder you use, and the sweetener you use...texture should be like brownie batter) If you use a Sugar Free syrup...use less water.

### **Directions**

Mix ingredients together in a 16oz ramekin...taste the batter. If the batter isn't good, the cake won't be either. You may need to adjust the amount of sweetener you use. Start out with a small amount, you can always add more to taste.

Pop in the microwave for 30-35 seconds (yes, that's it). Don't over-nuke or it will be dry and yucky. It poofs up a lot in the microwave! Don't be alarmed

(My daughter makes hers in a big bowl. It doesn't poof up like in the ramekin, instead it stays sort of soft in the middle like the chocolate pudding cakes.)

### **\*Source:**

ObesityHelp.com. The recipe is from someone named Kayla who posts on the Website. This version was altered by another poster named Becky.