



PUMPKIN TEMPTATION

with Vava Vanilla



Serving: 1

🕒 5 minutes

HOT HOT HOT

Inside Tips

Baking option: Preheat the oven to 350°F (180°C).

Follow the recipe instructions, but make sure to use an oven-safe ramekin instead.

Bake for 30 minutes or until cooked through. Insert a toothpick to check doneness.

WHAT YOU NEED

Ingredients

- 1/2 Cup (60 gr) Vava Vanilla Dilettoso Mix
- 2 Tablespoons (20 gr) Protein Powder, Vanilla Flavored or Flavorless
- 1 Egg
- 2 Tablespoons (50 gr) Pumpkin Puree
- 2 Tablespoons (20 gr) Almond or Cashew Butter
- 1/3 Teaspoon Ground Cinnamon
- Pinch Nutmeg
- Toppings: Sugar-free Vanilla ice cream, Sprinkle of Cinnamon.

HOW TO DO IT

1. **ADD** egg, pumpkin puree, nut butter, cinnamon and nutmeg, to a microwave-safe mug (minimum size 1 cup/250ml). Stir until you get a smooth pumpkin mixture.
2. **SIFT IN** Vava Vanilla Dilettoso Mix and protein powder. Stir to combine, but do not over-mix your protein batter.
3. **MICROWAVE** on high power for about 60 seconds, or until you see the mug cake rising. Remove from the microwave carefully and check the texture. It should be moist and soft.
4. **SERVE** and enjoy warm with a scoop of vanilla ice cream and a sprinkle of cinnamon.

Buon Appetito!