

# Keto Chocolate Mug Cake

## Ingredients:

- 1½ T. coconut flour
- ½ t. baking powder
- 1¾ T. unsweetened cocoa powder
- 2 T. unsalted butter
- 1½ T. low carb sweetener of choice\*
- 1 egg
- 2 T. heavy cream
- ¼ t. pure vanilla extract
- ¼ t. salt

## Optional:

Fresh sliced strawberries, to serve



**natural**  
awakenings

Prep time: 5 minutes

Cook time: 1 minute

Serves: 1

## Directions:

1. Add the first three ingredients to a small mixing bowl and stir to combine.
2. Melt butter in a small bowl in a microwave for several seconds. Add low carb sweetener and stir until completely dissolved. Add egg, heavy cream, vanilla extract, and salt to the butter mixture and whisk to combine.
3. Add wet ingredients to the dry and stir until thoroughly blended. Pour blended mixture into mug or small microwave-safe container and microwave on high for 1 minute.\*\*
4. Remove from microwave and serve immediately with fresh sliced strawberries, if desired. Enjoy!

\*\*Actual cooking time will vary depending on individual unit. Check for doneness after 45 seconds. Do not overcook or the cake may become too dry.

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\*Nutritional information for recipe based on Swerve® brand granulated sweetener which reports zero net carbs because the ingredients do not affect blood sugar.

## **Nutritional Information: \*\*\***

Carbs/Serving:

Total Carbs: 13g

Fiber: 7g

Net Carbs: 6g

## **Calorie Breakdown:**

Protein: 8%

Fat: 84%

Carbohydrates: 7%

\*Source: HappyForks.com

Information for this recipe is an approximation because coconut and other low carb flours are not included in the HappyForks.com ingredient database.

Nutritional information provided for entertainment purposes only and should not be construed as medical guidance or advice. All information is based solely on results provided by HappyForks.com and is not guaranteed to be accurate.

*"Anything is good if  
it's made of chocolate."*

*~Jo Brand*

