

Keto Mug Cake

Phillis Carey



Servings: 1

1. Melt butter in mug in microwave oven. Stir in almond flour, sweetener, cocoa, coconut, baking powder, egg and vanilla; mix well.
2. Microwave on HIGH power for 45-60 seconds until puffed and set. DO NOT OVERCOOK. Immediately top with chocolate chips. Serve topped with coconut milk or cream, if desired, to moisten the cake.

- 1 tablespoon butter, salted
- 3 tablespoons almond flour, or almond meal
- 1/2 tablespoon Swerve, or erythritol or monkfruit sugar (if you use different sweeteners, taste the batter, it may need more)
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon coconut shreds, unsweetened, optional
- 1/2 teaspoon baking powder
- 1 large egg, beaten
- 1/8 teaspoon vanilla
- 1 tablespoon chocolate chips, sugar free Lily brand, optional
- 1 tablespoon coconut milk, or coconut cream or heavy cream, optional

Per Serving (excluding unknown items): 427 Calories; 32g Fat (62.5% calories from fat); 19g Protein; 24g Carbohydrate; 3g Dietary Fiber; 243mg Cholesterol; 453mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Fruit; 5 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com