

## 1-Minute Chocolate Mug Cake (gluten-free, dairy free, Paleo)



Your family will beg you to throw together this lightning quick healthy chocolate mug cake!

Serves: 1

Adapted from: Lisa Bryan

### Ingredients

- 1/4 cup almond flour
- 2 tbsp. cacao or cocoa powder
- 2 tbsp. maple syrup
- 1 tsp. coconut oil
- 1 tsp. vanilla extract
- 1 large egg

### Optional Toppings

- Coconut Whipped Cream
- Strawberries, raspberries, blueberries and other fruit
- Chocolate Chips

### Instructions

1. Whisk all of the ingredients together in a measuring cup.
2. Pour the batter into your mug and microwave for 1-2 minutes, or until the cake is cooked through. Don't overcook or it will be dry. I like it a little gooey in the middle.
3. Enjoy plain or top with coconut whipped cream, or berries.

### MUG CAKE TIPS

- I like a 3" ramekin or a 9 oz coffee mug
- You can absolutely mix everything together in the mug you're going to use, or mix it in a measuring cup, then pour it into the mug.
- Cakes will be HOT when you take them out of the microwave. Let them cool for a couple of minutes before digging in.
- Play around with the cook time that works best for your microwave – which could range from 45 seconds to 2 minutes.



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