

Keto Double Chocolate Chip Mug Cake

Description

This mug cake is so delicious and yummy.

Prep/total time: Five minutes

Serving: 1

Ingredients

- 2 heaped tablespoons of almond flour (0.6 oz)
- 1 heaped tablespoon of coconut flour (0.4 oz)
- 2 tablespoons of powdered Erythritol or Swerve (0.7 oz)
- 1/8 - 1/4 teaspoon of baking soda
- 1 tablespoon of raw cacao powder or Dutch process cocoa (0.2 oz)
- 1/4 teaspoon of vanilla powder or sugar-free vanilla extract
- 1 tablespoon of 85% dark chocolate chips or sugar-free chocolate chips (0.4 oz)
- 2 tablespoons of chia seed meal (0.6 oz) (egg substitute)
- 1 tablespoon of virgin coconut oil or ghee, melted
- 2 tablespoons of unsweetened almond milk
- If desired: 3-5 drops of stevia
- If desired: 2 tablespoons of whipped cream, yoghurt, or keto ice cream to serve

Instructions

1. Pour all the dry ingredients into a mug and then add in the wet ingredients. Stir the mixture to combine. Reserve some chocolate chips for topping.
2. Transfer to the microwave and heat on high for about ninety seconds. Remove and set aside to cool.
3. Top with yoghurt, whipped cream, or ice cream. Serve.