

Keto

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Chocolate Mug Cake

This moist and delicious keto chocolate mug cake is the perfect size for one. Its taste and texture is just like a real cake! It's also dairy-free, gluten-free and sugar-free.

Course	Dessert
Cuisine	American
Prep Time	2 minutes
Cook Time	1 minute
Total Time	3 minutes
Servings	1
Calories	272kcal

Ingredients

- 2 tbsp [almond flour](#)
- 1 tbsp [cocoa powder](#)
- 1 tbsp [Sukrin :1](#) (Swerve or Lakanto)
- 1/4 tsp baking powder
- 1 tbsp mayonnaise (use sour cream in a pinch)
- 1 large egg yolk
- 1 tsp water

Instructions

CAUTION:

1. *Be very careful using only stevia to sweeten chocolate baked goods. The bitter compounds in stevia and the bitter compounds in chocolate have a synergistic effect, making your treat terribly bitter!*

Preparation:

1. Fluff up the almond flour with a whisk before measuring and sift the cocoa powder if it's clumpy. (I sift any cocoa powder I buy and keep it in an air-tight container. This breaks apart any lumps for more accurate measuring.)

Method:

1. Measure the dry ingredients into a mug or jelly jar and mix completely with a fork.

2. Add the mayonnaise, egg yolk, and water, stirring completely making sure to get it all from the bottom. Let batter sit 1-2 minutes.
3. Microwave for 50 seconds, depending on your microwave. 3 Net Carbs.
4. NOTE: Although the texture is a little different, 1 large egg white can be used instead of the large egg yolk, solving the problem of a leftover egg white.

Nutrition

Calories: 272kcal | Carbohydrates: 7g | Protein: 9g | Fat: 23g | Fiber: 4g

Keto Cream

Изсипвам heavy weeping cream в купа (най-малката опаковка е за един крем, който на теб ти беше много) и разбивам с ръчната бъркалка като слагам подсладител на вкус.. добавям какао на прах 1 супена лъжица... понеже имах орехи, ги смлях и сложих от тях и малко dark chocolate chips.. но това може да бъде сменено с различни неща... може да не сложиш какао, а да добавиш малини и да го разбъркаш и добавиш ядки каквито имаш...