

# CHOCOLATE MUG CAKE

Sometimes you have that late-night chocolate craving, but you don't want to be stuck with a cake to nibble on all week or a dozen cookies staring at you on the counter. This one-minute chocolate mug cake is a perfect option for such times. It comes together quickly, but not so quickly you'll be tempted every day, but rather just when the hankering hits.

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## INGREDIENTS

1 tablespoon melted butter  
1 1/2 tablespoons maple syrup  
1 tablespoon almond milk  
1/4 teaspoon vanilla extract  
3 tablespoons almond flour  
1 tablespoon coconut flour  
1 1/2 tablespoons unsweetened cacao powder  
1/4 teaspoon baking powder  
pinch of salt  
1 egg

## MAKES ONE

- 1 Either in the mug (8-ounce) you are baking in or a separate bowl, melt butter. Add maple syrup, almond milk, vanilla extract and stir. Let cool while you gather the dry ingredients.
- 2 In a separate bowl combine almond flour, coconut flour, cacao powder, baking powder, and salt and stir well.
- 3 Add the egg to the cooled wet ingredients and mix until well combined.
- 4 With a fork beat in the dry ingredients to the wet ingredients.
- 5 If you are baking the batter in a separate mug, give a quick spray of baking spray or olive oil then pour the batter into the mug. Microwave for exactly 1 minute. (See note.)

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## NOTES

- Microwaves all have different wattage. The microwave I used is 800 watts and the 8-ounce mug cooks best in 1 minute. I would suggest to start by microwaving the mug for 45 seconds and see where it ends up.
- For the feel of a molten cake, fill the mug with half the batter. Put a small piece of chocolate in the center, then fill the rest of the mug.
- A few chocolate chips sprinkled in the batter would also taste delicious in this recipe.