

Nutella Keto Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.2 g, Fiber: 4.3 g, **Net carbs: 3.9 g,**

Protein: 9.7 g, Fat: 28.8 g, Calories: 305 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 serving)

2 heaping tbsp ground [hazelnuts](#) / hazelnut meal (16 g / 0.6 oz)

1 tbsp raw [cocoa powder](#), unsweetened (5 g / 0.2 oz)

1/8 tsp [baking soda](#)

2 tbsp [Erythritol](#) or [Swerve](#) (20 g / 0.7 oz)

1 large egg, free-range or organic

1 tbsp [extra virgin coconut oil](#) or butter, melted

3-5 drops [liquid stevia](#) (I used [hazelnut stevia drops from SweetLeaf](#))

Optional: 2 tbsp whipped cream, [coconut milk](#) or full-fat yogurt and a pinch of [cinnamon](#)

Tips for substitutions: If you want to make the recipe nut-free, use 1 tablespoon of [coconut flour](#) instead of 2 tablespoons of hazelnut meal and use a dash of hazelnut extract instead. If you don't have [coconut flour](#), you can use 2 tablespoons of finely shredded [desiccated coconut](#) instead.

Too "eggy"? Although I like this combination, some of you may perceive it as too "eggy". You can try the following: use one egg, double all the dry ingredients and add 1/4 cup [coconut milk](#), [almond milk](#) or cream. This mixture will make 2 mug cakes. Instead of the listed sweeteners, you can try [other healthy low-carb sweeteners from this list](#). The reason I'm using both [Erythritol](#) and [stevia](#) is to mask the aftertaste some of the sweeteners may have.

Instructions

1. Place all the dry ingredients in a mug or a ramekin and combine well.
2. Add the egg, coconut oil and stevia and mix well using a fork.
Microwave on high for 70-90 seconds. *Tips for cooking in the oven:*
If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 °C/ 350 °F and cook for about 12-15 minutes or until cooked in the centre.
3. When done, you can optionally top the mug cake with whipped

cream or [creamed coconut milk](#) or full-fat yogurt and season with a pinch of cinnamon. Enjoy!

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