

Nutella Keto Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 mug cake): Total carbs: 7.2 g, Fiber: 3.6 g,

Net carbs: 3.7 g, Protein: 9.7 g, Fat: 28.7 g, Calories: 310 kcal,

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



Ingredients (makes 1 serving)

- 2 heaping tbsp ground hazelnuts (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), or more to taste
- 1 large egg
- 1 tbsp melted virgin coconut oil, ghee or butter (15 ml)
- Optional:* 2 tbsp whipped cream, coconut milk or full-fat yogurt and a pinch of cinnamon

Instructions

1. Place all the dry ingredients in a mug or a ramekin and combine well.
2. Add the egg, coconut oil and mix well using a fork. Microwave on high for 70-90 seconds.
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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