

Best Keto Brownie Mug Cake

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per mug cake): Total carbs: 14.4 g, Fiber: 7.9 g, **Net carbs: 6.5 g,**

Protein: 8 g, Fat: 38 g, Calories: 406 kcal,

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



Ingredients (makes 2 mug cakes)

2 large squares dark chocolate, grated (20 g/ 0.7 oz) - I used 85% dark chocolate

1/4 cup cacao powder (22 g/ 0.8 oz)

2 tbsp ground chia seeds (16 g/ 0.6 oz)

1/2 tsp cinnamon

1 tsp gluten-free baking powder

pinch sea salt or pink Himalayan salt

4 tbsp Erythritol or Swerve (40 g / 1.4 oz)

1 large egg

1/4 cup freshly brewed regular or decaf coffee (60 ml/ 2 fl oz)

1/4 cup melted virgin coconut oil (60 ml/ 2 fl oz)

Tips:

Optionally, add a dollop of whipped cream, coconut cream or creme fraiche

Not sweet enough? If you just started following a low-carb diet, then you may find some recipes not sweet enough. You can add a few extra drops of stevia or a little more erythritol or Swerve to suit your palate.

Avoiding caffeine? If you're using decaf coffee, opt for naturally caffeine-free chicory coffee or Swiss water process decaf coffee which is chemical-free.

Instructions

1. Place all the grated chocolate and dry ingredients in bowl and combine well.
2. Add the egg, coconut oil and coffee. Mix until combined.
3. Divide the mixture between 2 mugs. The mug cake will raise when cooked so use a large enough mug or cup (fill it up to no more than half).
4. Microwave on high for 70-90 seconds, until cooked through. *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. You can optionally top the mug cake with whipped cream or creamed coconut milk and or creme fraiche.

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