

Keto Chai Tea Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8 g, Fiber: 4 g, **Net carbs: 4 g**, Protein: 11.9 g,

Fat: 28.8 g, Calories: 339 kcal,

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



Ingredients (makes 2 servings)

1/3 cup [almond flour](#) (35 g / 1.2 oz)

2 heaping tbsp [coconut flour](#) (24 g / 0.8 oz)

1/4 tsp [baking soda](#)

1/4 tsp [cinnamon](#) or [vanilla powder](#)

3 tbsp [Erythritol](#) or [Swerve](#), or other healthy [low-carb sweetener](#)
[from this list](#) (30 g / 1.1 oz)

1/4 cup [chai tea concentrate](#) (60 ml / 2 fl oz) - see [step 1](#)

2 large eggs

2 tbsp [extra virgin coconut oil](#) or butter, melted (28 g / 1 oz)

Optional: 5-10 drops [liquid stevia](#)

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

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Instructions

1. Make the chai tea concentrate using 1/4 cup of boiling water and 1 chai tea bag and leave it to infuse for 3-5 minutes. Alternatively, you can make your own chai tea concentrate using the spices and black tea in this recipe: [Chai Tea Latte](#). Place all the dry ingredients in bowl and combine well.
2. Add the cinnamon, eggs, melted coconut oil, stevia (if used) ...
3. ... and the chai tea concentrate. Mix well and place in two mugs or ramekins.
4. Microwave each mug cake 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.*
5. When done, you can optionally top the mug cakes with whipped cream or [creamed coconut milk](#) and a pinch of cinnamon. Enjoy!

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