

Cinnamon Keto Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 4.4 g, **Net carbs: 3.9 g,**

Protein: 11.8 g, Fat: 28.5 g, Calories: 337 kcal,

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



Ingredients (makes 1 serving)

2 heaping tbsp [almond flour](#) (16 g / 0.6 oz)

1 heaping tbsp [coconut flour](#) (12 g / 0.4 oz)

1/2 tsp ground [cinnamon](#)

1/8 tsp [baking soda](#)

1 tbsp [Erythritol](#) or [Swerve](#) (10 g / 0.4 oz)

1 large egg

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

Optional: 3-5 drops [liquid stevia](#)

Optional topping: 2 tbsp whipped cream or [coconut cream](#) 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 [almond flour](#). 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 ramekin and combine well.
2. Add the egg and coconut oil and mix until combined.
3. Microwave on high for 70-90 seconds. When done, you can optionally top the mug cake with whipped cream or [creamed coconut milk](#) and a pinch of cinnamon. *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.*

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