

Keto Berry Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.7 g, Fiber: 4.3 g, **Net carbs: 4.4 g,**

Protein: 12.1 g, Fat: 28.5 g, Calories: 344 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)

1/8 tsp [baking soda](#)

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

1 large egg, free-range or organic

1/2 tsp sugar-free [vanilla extract](#)

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

3-5 drops [liquid stevia](#)

a few berries - can be mixed, fresh or frozen (20 g/ 0.7 oz)

Optional: 2 tbsp whipped or pouring heavy cream, [coconut milk](#) or full-fat yogurt

Instructions

1. Place all the dry ingredients in a mug or ramekin and combine well.
Crack in the egg.
2. Add coconut oil and vanilla extract.
3. Add stevia and mix well. Top with berries.
4. Microwave on high for 60-90 seconds. Optionally, serve with cream or coconut milk.

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