

Keto Eggnog Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.5 g, Fiber: 4.1 g, **Net carbs: 4.4 g**,

Protein: 11.8 g, Fat: 28.6 g, Calories: 343 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 ground nutmeg
- 1/4 tsp ground [cinnamon](#)
- 1/8 tsp [baking soda](#)
- 2 tbsp Erythritol or [Swerve](#), or other healthy [low-carb sweetener from this list](#) (20 g / 0.7 oz)
- 1 large egg, free-range or organic
- 1 tbsp [extra virgin coconut oil](#) or butter, melted
- 1/2 tsp [rum extract](#) or 1 tsp dark rum
- Optional:* 3-5 drops [liquid stevia](#) (I used Vanilla [Stevia](#) drops from [SweetLeaf](#))
- Optional topping:* 2 tbsp whipped cream or [coconut milk](#) 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, coconut oil, ...
3. ... [stevia](#) (if used), ...
4. ... rum extract (or just rum) and mix well.

5. 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.*
Enjoy!

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)