

Low-Carb Red Velvet Mug Cake

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 12.7 g, Fiber: 4.3 g, **Net carbs: 8.4 g,**

Protein: 14.8 g, Fat: 53.8 g, Calories: 571 kcal,

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



Ingredients (makes 2 servings)

Mug Cakes:

- 1/3 cup [almond flour](#) (35 g/ 1.2 oz)
- 1 heaping tbsp [coconut flour](#) (12 g/ 0.4 oz)
- 1 tbsp unsweetened [cocoa powder](#) (5 g/ 0.2 oz)
- 1 tbsp [beetroot powder](#) (6 g/ 0.2 oz) - will give the mug cakes a pink tint
- 1/4 tsp [baking soda](#)
- 1/4 tsp [vanilla powder](#) or 1 tsp unsweetened [vanilla extract](#)
- 3 tbsp [Erythritol](#) or [Swerve](#), or other healthy [low-carb sweetener from this list](#) (30 g / 1.1 oz)
- 2 large eggs
- 1/4 cup sour cream (60 g/ 2.1 oz)
- 2 tbsp [extra virgin coconut oil](#) or butter, melted (28 g/ 1 oz)
- Optional:* few drops of natural red food colouring

Frosting:

- 2 tbsp butter, room temperature (28 g/ 1 oz)
- 1/4 cup cream cheese (60 g/ 2.1 oz)
- 1/4 tsp [vanilla powder](#) or 1 tsp unsweetened [vanilla extract](#)
- 1 tbsp [powdered Erythritol](#) or [Swerve](#) (10 g/ 0.3 oz)
- Optional:* 3-5 drops [liquid Stevia extract](#)

Instructions

1. Place the almond flour, coconut flour, cacao powder, beetroot powder, baking soda, Erythritol and vanilla powder in a bowl and combine well.
2. Add the eggs, melted coconut oil and sour cream and mix until well combined.
3. Divide the mixture between two mugs. Microwave each mug cake on high for 70-90 seconds. Meanwhile, prepare the frosting by

mixing the butter, remaining Erythritol, cream cheese and vanilla. For a smooth texture, use a blender. Instead of the frosting, you can use whipped cream or [creamed coconut milk](#) with a dash of vanilla. *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.*

4. Let the mug cakes cool down. Place the frosting in a piping bag or simply spoon it on top of each mug cake. Enjoy!

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