

Mocha Keto Mug Cake

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.5 g, Fiber: 3.4 g, **Net carbs: 5.1 g**,

Protein: 11 g, Fat: 30.5 g, Calories: 330 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 tbsp raw cocoa powder, unsweetened (5 g / 0.2 oz)

1 tsp instant coffee or caffeine-free chicory coffee powder

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

1 tbsp extra virgin coconut oil or butter, melted

2 tbsp whipped cream, coconut milk or full-fat yogurt and a pinch of cinnamon or unsweetened cacao

Optional: 3-5 drops liquid stevia (I used Chocolate Stevia drops from SweetLeaf)

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.

Allergy-free Tips:

Egg-free version: Use 2 tbsp chia seed meal (16 g / 0.6 oz) instead of 1 egg + 1/4 cup coconut milk or heavy whipping cream + 1 tsp psyllium husk powder.

Nut-free version: Use 1 heaping 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.

Instructions

1. Place all the dry ingredients in a mug or a ramekin and combine well. (I used caffeine-free chicory coffee powder)
2. Add the egg, coconut oil and stevia (if used) and mix well using a fork. Microwave on high for 70-90 seconds.

3. When done, you can optionally top the mug cake with whipped cream or creamed coconut milk. *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