

# Mocha Keto Mug Cake

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 8.5 g, Fiber: 3.6 g, **Net carbs: 4.9 g,**

Protein: 11 g, Fat: 30.3 g, Calories: 335 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!

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