

Vanilla Keto Mug Cake

Hands-on 5 minutes Overall 5 minutes



Nutritional values (per serving): Total carbs: 7.9 g, Fiber: 3.7 g, **Net carbs: 4.2 g,**

Protein: 11.8 g, Fat: 28.4 g, Calories: 338 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)

1/4 tsp [vanilla bean powder](#) or 1/2 tsp sugar-free [vanilla extract](#)

(you can [make your own](#))

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

Optional: 3-5 drops [liquid stevia](#) (I used [Vanilla Stevia](#) drops from

[SweetLeaf](#))

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

yogurt and a pinch of [cinnamon](#)

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Instructions

1. Place all the dry ingredients in a mug or a ramekin and combine well.
2. Add the egg.
3. Add coconut oil and stevia and mix well using a fork. Microwave on high for 70-90 seconds.
4. When done, you can optionally top the mug cake with whipped cream or [creamed coconut milk](#) or full-fat yogurt and add a pinch of vanilla powder or cinnamon.
5. Serve or store at room temperature for up to a 3 days.

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