

# Chocolate Mug Cake

## INGREDIENTS

- 2 tablespoons coconut flour
- 2 tablespoons unsweetened cocoa powder
- $\frac{1}{2}$  teaspoon baking powder
- 1 egg
- 2 tablespoons coconut milk
- 2 tablespoons melted coconut oil
- 2 tablespoons xylitol
- $\frac{1}{2}$  teaspoon vanilla extract
- optional: 2 tablespoons chocolate chips

## METHOD

1. In small bowl whisk together coconut flour, cocoa powder and baking powder.
2. Add egg, coconut milk, coconut oil, maple syrup and vanilla and mix until everything is every well combined.
3. Fill into a large mug and microwave on high for about 2.5 minutes. Start checking at about 2 minutes. Let sit for a couple minutes before eating.



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