Quick and Tasty Mug Cake by Emily Rutherford
Length: 5 minutes minutes

A healthier treat that skips refined sugars and flours to create a tasty cake that is ready in minutes. This moist cake is high in fiber and healthy fats, and is only one serving, so there is no risk of having too much!

Ingredients:

2 Tbsp nut butter
2 Tbsp honey
2 Tbsp unsweetened cocoa powder
½ tsp baking soda
½ tsp vanilla
1 egg
A pinch of salt

Equipment:

Coffee mug
Teaspoon
Fork
Microwave

Steps:

1. Add all ingredients to a microwave safe mug.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/quick-and-tasty-mug-cake/vid/step1.mp4)

2. Stir until well combined and the consistency of cake batter.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/quick-and-tasty-mug-cake/vid/step2.mp4)

3. Microwave for about 1 min and 30 seconds and top with fresh fruit.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/quick-and-tasty-mug-cake/vid/step3.mp4)

4. Let cool for several minutes (it will be hot!) and then dig in.
Video: [https://assets.om...](https://assets.omadahealth.com/mobile/recipe/quick-and-tasty-mug-cake/vid/step4.mp4)