

Low-Carb Mug Cake

This light and airy vanilla keto mug cake satisfies all urgent cake cravings! It's ready in just 4 minutes from start to finish and comes in at only 2.5g net carbs. We love it as a quick everyday sugar free dessert.

Ingredients

2 TBSP almond flour

1 TBSP coconut flour

1 TBSP melted butter

1 large egg

1 TBSP granulated sweetener (like monk fruit/Lakanto)

1 tsp. vanilla extract

¼ tsp. baking powder



Preparation

- ★ Stir together the dry ingredients in a bowl - almond flour, coconut flour, baking powder, sweetener. Take care to break up any lumps.
- ★ In a second bowl, whisk the egg using a fork. Then add the melted and cooled butter plus the vanilla extract and whisk until combined.
- ★ Add the dry ingredients to the wet and stir until a smooth batter forms.
- ★ Grease a mug or ramekin with butter and fill in the batter. Microwave for 80 seconds @ 900W. (Baking times for different power levels are included in the notes below).
- ★ Enjoy straight from the mug or invert onto a plate.

Recipe Variations

Here is how you could jazz up this keto mug cake:

- ★ Stir berries into the batter - blueberries, raspberries or chopped strawberries. Crushed nuts such as pecans or walnuts would also be great
- ★ Add sugar free chocolate chips or chipped 90% chocolate
- ★ Turn it into a Victoria sponge cake! Turn it out onto a plate, slice in half and add sugar free strawberry jam and whipping cream
- ★ Top with a simple keto cream cheese frosting - 2 tablespoon cream cheese mixed with a splash of vanilla extract and 1 teaspoon powdered sweetener
- ★ Add 1-2 teaspoon of cocoa powder for a chocolate version