



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Chocolate Mug Cake

3g NET Carbs (Low Carb Keto)

Absolutely delicious! Low Carb Keto Chocolate Mug Cake is Sweet and full of Delicious Chocolate. This simple recipe will help with any sugar or chocolate cravings. Enjoy!



3g Carbs

NUTRITION

Yields 1 servings

Per Serving: 265 Calories 12g Protein 8g Carbs 5g fiber 20g Fat

INGREDIENTS

- 1 Large Egg
- 1/4 Cup Blanched Almond Flour
- Heaping Tbsp Monkfruit Sweetener

- 1 Tbsp Unsweetened Cocoa Powder
- 1/2 Tsp Baking Powder

Instructions:

1. Add dry ingredients to mixing bowl then add 1 egg, mix until a cake batter texture is formed.
2. Spray Mug or Dish with Pam then add cake batter to Mug or Dish.
3. Bake in Microwave for 1-1.5mins.
4. Serve and Enjoy!