



Healthy Keto with Jim Colbourne

Individual Chocolate Cake with White Chocolate Chips.

2g NET Carbs (Low Carb Keto)

Very easy, simple and quick chocolate cake recipe made for individual servings. low carb keto friendly. absolutely Delicious.

Ingredients

- 1 Egg
- ½ Tbsp Salted Butter or Spray
- ¼ teaspoon Vanilla Extract (Optional)
- ¼ Cup Almond Flour
- 1/3 cup Lily's Chocolate Chips

Links of Ingredients can be found in the description of Video *Macros may change depending on Brand of Ingredients*



389 Calories - 13g Protein - 13g Carbs - 10g fiber - 3 NET Carbs - 31g Fat

- 1 Heaping Tbsp Unsweetened Cocoa Powder
- 1 Heaping Tbsp Monkfruit Sweetener
- ½ tsp Baking Powder if using a mug. If you use a something bigger than a Mug like a 8oz ramekin then you can use 1 tsp of baking powders to help it rise higher.

Instructions:

1. Add all of the ingredients and ¾ of the White Chocolate Chips to a bowl, and mix until a cake batter is formed.
2. Coat your mug or 8oz ramekin with baking spray or melted butter.
3. Once all ingredients is combined add mixture to a mug or 8oz remekin. Then top with remaining White Chocolate Chips.
4. Microwave cake for 1-1.5 mins. Keep watching to prevent cake from overflowing. 1 min was perfect for my cake.
5. Do the toothpick test to ensure the center is cooked.
6. Let cool and serve. Enjoy!