

Keto Double Chocolate Mug Cake

Ingredients:

- 2 tablespoons (28 grams) butter
- 1 egg
- 1 tablespoon (12 grams) Monk fruit sweetener or Stevia
- 1/2 teaspoon (2.5 ml) vanilla extract
- 4 tablespoons (24 grams) almond flour
- 1/2 teaspoon (2.5 grams) baking powder
- 2 tablespoons (14.5 grams) dark, unsweetened cocoa powder
- 1 tablespoon (10 grams) sugar-free dark chocolate chips
- Whipped cream (optional)
- Raspberry or strawberry (optional)

Instructions:

1. **Melt the Butter:** Place the butter in a microwavable mug and melt it in the microwave for about 20 seconds.
2. **Mix the Wet Ingredients:** Remove the mug from the microwave and add the egg, Monk fruit sweetener, and vanilla extract. Vigorously mix with a fork until everything is well combined.
3. **Add the Dry Ingredients:** Add the almond flour, baking powder, and cocoa powder to the mug. Mix vigorously with a fork until you have a smooth batter.
4. **Fold in the Chocolate Chips:** Add the sugar-free dark chocolate chips and gently fold them into the batter.
5. **Microwave the Cake:** Place the mug in the microwave and cook for one minute.
6. **Cool & Serve:** Remove the mug from the microwave and allow the cake to cool slightly. Top with whipped cream and a raspberry or strawberry if desired. Enjoy!

Nutritional Information (Per Serving):

- Calories: 460.9 kcal
- Total Fat: 40.7 g
- Saturated Fat: 16.8 g
- Total Carbohydrate: 12.4 g
- Dietary Fiber: 5 g
- Total Sugars: 1.5 g
- Protein: 13.5 g
- Cholesterol: 247 mg
- Sodium: 318.4 mg