

90-Second Chocolate Mug Cake

The chocolate craving fixer. One mug, one microwave, done.

Serves 1

Prep 3 min

Cook 2 min

3g
CARBS
PER SERVING

The cake on its own. A splash of double cream on top adds well under 1g.

You'll need

- ☐ 1 tbsp butter (about 15g)
- ☐ 2 tbsp ground almonds (about 15g)
- ☐ 1 tbsp cocoa powder (about 6g)
- ☐ 1 tbsp granulated sweetener, erythritol or a stevia blend (about 12g)
- ☐ Half a tsp baking powder
- ☐ 1 egg
- ☐ A few drops of vanilla extract

Method

- 1** Melt the butter in a large mug in the microwave, about 20 seconds.
- 2** Add everything else and mix with a fork until smooth, scraping the bottom.
- 3** Microwave for 70 to 90 seconds (800W). It should rise and feel springy on top.
- 4** Leave it for 1 minute because it's very hot, then eat from the mug.



TIP

Use a big mug. It rises a lot, then sinks back.

SWAPS

Stir in a few squares of 90% dark chocolate before cooking for gooey bits.

STORING IT

Eat it warm, straight away.