

One Minute Chocolate Mug Cake

Chef: Chocolate Covered Katie

<https://chocolatecoveredkatie.com/2011/11/06/one-minute-chocolate-cake/>



*You will need a mug, teaspoon, tablespoon,
Microwave or Oven*

Preparation time 5 minutes.

Cooking time 1 minute +/-30—40 secs (microwave)
or 14 minutes (oven)

Makes 1 mug cake.

INGREDIENTS:

- 1 tablespoon + 2 teaspoons cocoa powder
- 1 tablespoon spelt, white or oat flour
- 1/8 teaspoon salt
- 2 teaspoons sugar
- 1/4 teaspoon baking powder
- pinch uncut stevia OR 1 more tablespoon sugar
- 2-3 teaspoons coconut or vegetable oil
(Or substitute applesauce or mashed banana)
- 3 Tablespoons milk of choice, such as almond milk
- 1/2 teaspoon pure vanilla extract

METHOD:

Combine dry ingredients and mix very, very well.

Add liquid, stir, then transfer to a little dish, ramekin, or mug.

Either microwave 30-40 seconds OR cook in a 350° F oven for about 14 minutes.

If you don't want to eat it straight out of the dish, be sure to spray your dish before cooking with a little oil (and then wait for it to cool before trying to remove it).

.

Frosting Ideas: Nutella,