

90- SECOND CHOCOLATE MUG CAKE

Ingredients

1/4 cup **almond flour**

1.5 Tbsp **erythritol**, monk fruit or 2 tsp Truvia*

1 large **egg** (free-range if possible)

2 Tbsp **unsweetened cocoa powder**

1.5 Tbsp **butter** (grass-fed if possible), melted

1 Tbsp **sour cream** (full fat)

1/4 tsp **vanilla extract**

1/4 tsp **baking powder**

1/8 tsp **Morton's Lite Salt** (or sea salt if you're not trying to get more potassium)

2-3 Tbsp **chopped pecans** and/or **unsweetened coconut flakes** (optional, for taste and texture)



Directions

1. Soften butter to nearly liquid in 16 oz. (large) coffee mug. Set aside to cool slightly.
2. Gather all ingredients and measuring spoons
3. Whisk sour cream, egg and vanilla in mug with butter
4. Stir in almond flour, sweetener, cocoa, baking powder, and salt until well combined
5. Cook in microwave for 80-90 seconds, depending on power of your microwave.
6. Turn mug over so cake comes out onto plate. Cut in half to make 2 servings (unless you're really hungry!)
7. Sprinkle with powdered erythritol or powdered monk fruit sweetener if desired (as shown in photo). Or top with berries and whipped cream (Bob's favorite), peanut butter (Vicki's favorite), or 1/4 cup vanilla mason jar ice cream**

* or more if you like your chocolate sweeter

** recipe at www.trinityhealthcoaching.com/cookbook

Makes 2 servings