

# Coconut Mug Cake

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil (melted)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Monk Fruit Sweetener
- 1 1/2 tbsps Almond Flour
- 1 tbsp Coconut Flour
- 1 tbsp Unsweetened Shredded Coconut
- 1/4 tsp Baking Powder

## DIRECTIONS

- 01 In a mug combine the melted coconut oil and coconut milk then stir in the monk fruit sweetener. Add the almond flour, coconut flour, coconut, and baking powder and stir until a thick batter forms.
- 02 Microwave for 90 seconds until the cake is spongy and cooked through. Allow the cake to cool slightly and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	264	Carbs	21g
Fat	24g	Protein	4g