

Oil-Free Chocolate Mug Cake

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 tbsps Oat Flour
- 1 1/2 tsps Arrowroot Powder
- 2 tbsps Cocoa Powder
- 1/4 tsp Baking Powder
- 2 1/2 tbsps Water
- 1 1/2 tbsps Maple Syrup
- 1 tbsp Unsweetened Applesauce
- 1/16 tsp Sea Salt (or to taste, optional)

DIRECTIONS

- 01 In a mug combine the oat flour, arrowroot flour, cocoa powder, and baking powder. Add the water, maple syrup, applesauce, and salt, if using, and stir until a thick batter forms.
- 02 Microwave for 90 seconds or until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	169	Carbs	39g
Fat	2g	Protein	4g