

Double Chocolate Mug Cake

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Oat Flour
2 tbsps Cocoa Powder
1/4 tsp Baking Powder
1 tbsp Dark Chocolate Chips
3 tbsps Unsweetened Almond Milk
1 1/2 tbsps Maple Syrup
1 tbsp Avocado Oil

DIRECTIONS

- 01 In a mug combine the oat flour, cocoa powder, baking powder, and chocolate chips. Add the unsweetened almond milk, maple syrup, and oil. Stir well to combine.
- 02 Microwave for 90 seconds until the cake is spongy to the touch. Allow the cake to cool slightly and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	383	Carbs	45g
Fat	22g	Protein	6g