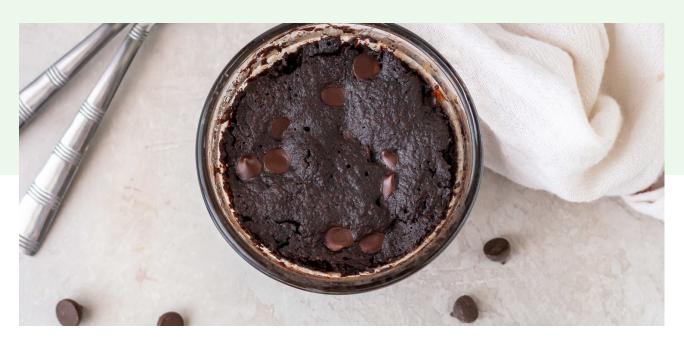
Double Chocolate Mug Cake

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

11/2 tbsps Maple Syrup

1 tbsp Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories 383 Carbs 45g Fat 22g Protein 6g

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!

