

THE BODY NURSE

EASY KETO

Chocolate Mug Cake

READY IN 2 MINUTES



SINGLE
SERVE



LOW CARB



KETO
FRIENDLY

INGREDIENTS

- 3 tbsp almond flour
- 1 tbsp unsweetened cocoa powder
- 1 tbsp granulated sweetener (erythritol or monk fruit)
- ¼ tsp baking powder
- 1 egg
- 1 tbsp melted butter
- 1 tbsp thickened cream (or unsweetened almond milk)
- ½ tsp vanilla extract
- 1 tbsp sugar-free chocolate chips

METHOD

- 1 Add almond flour, cocoa powder, sweetener and baking powder to a large microwave-safe mug.
- 2 Add the egg, melted butter, cream and vanilla extract.
- 3 Mix well until smooth with no lumps.
- 4 Sprinkle the chocolate chips over the top.
- 5 Microwave for 60–90 seconds until the cake has risen and is just set in the centre.
- 6 Allow to cool for 1–2 minutes before enjoying.



Optional Extras

- 1 tbsp whipped cream
- A few extra sugar-free chocolate chips
- Dusting of cocoa powder

NUTRITION (APPROXIMATE)

CALORIES	PROTEIN	FAT	NET CARBS
330	12g	28g	5g

WHY YOU'LL LOVE IT

- ♥ Takes less than 2 minutes
- ♥ Satisfies chocolate cravings
- ♥ No fancy ingredients required
- ♥ Perfect for busy women trying to lose weight
- ♥ Fits a low-carb or keto lifestyle



The Body Nurse ♥

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