



Easy Mug Cake

Gluten-Free, Dairy-Free, Sugar-Free & Vegan Friendly!

INGREDIENTS:

- ¼ cup gluten-free all-purpose flour with xanthan gum.
- 3 tablespoons Monk Fruit Sweetener (or Erythritol)
- ½ teaspoon gluten-free baking powder
- ⅛ teaspoon salt
- 2 tablespoons gluten-free unsweetened cocoa powder
- ⅛ teaspoon ground cinnamon
- ¼ teaspoon pure vanilla extract
- 2 tablespoons coconut oil
- ¼ cup water

DIRECTIONS:

1. In a small bowl, melt coconut oil in microwave.
2. In large 12-ounce microwave-safe coffee mug, whisk together gluten-free flour, sugar, baking powder, salt, cocoa powder, and cinnamon. Whisk in the melted coconut oil, vanilla extract, and water and continue to whisk until all the ingredients are combined and the batter is smooth.
3. Microwave mug cake for 70 seconds on high. All microwaves are different so keep an eye on it so not overcook or the cake will be dry. I recommend that you place a plate or paper towel under your mug the first time you make this cake to catch any potential spillage if your cup is not large enough.

Carefully remove from the microwave and enjoy the cake! Let the cake cool for 1 to 2 minutes before eating.

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