

Low Carb Chocolate Mug Cake

Very rich – grab 2 spoons and share the goodness!

Ingredients

- 2 Tbls almond meal
- 2 Tbls Splenda sugar substitute
- 1 Tbls unsweetened cocoa powder
- 1 Tbls coconut oil
- 3 Tbls half & half
- 1 tsp vanilla
- 1 whole egg

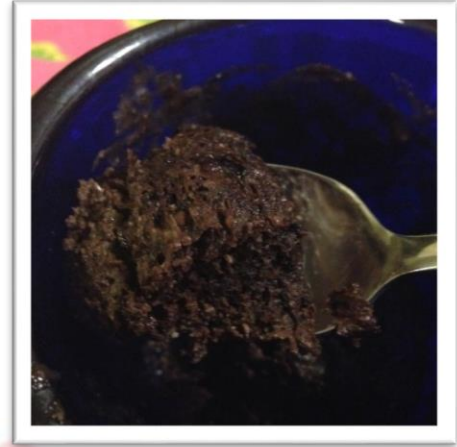
Directions

1. Melt coconut oil in mug.
2. Add remaining ingredients.
3. Stir well.
4. Microwave on high for 90 seconds.
5. Grab a spoon & enjoy!

Makes 1 serving (unless you're willing to share 😊)

Nutrition Facts:

Calories 390
Total Fat 33g
Total Carbohydrates 6g
Dietary Fiber 4g
Protein 15g



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