

Grain-free Double Chocolate Mug Cake

Leanne Foreman
www.easyreadrecipes.com

small mixing bowl
measuring spoons
metal whisk
spatula/plate scraper
small coffee mug or ramekin
microwave or oven

1. If using an oven, preheat to 175°C or 350°F.

2. For each person, place at the bottom of a cup

1 or 2 pieces of **quality dark chocolate**

3. For each person, **add** to the bowl

3 TBS **almond meal or flour**
1 TBS **raw cacao powder**
1 TBS **extra virgin olive or coconut oil**
1 TBS **raw honey or pure maple syrup**
½ tsp **baking powder**
½ tsp **ground cinnamon** (optional)
½ tsp **pure vanilla extract**
1 **egg**

4. **Whisk** until smooth.

5. **Pour** over the chocolate in the bottom of the cup/s.

6. **Microwave** on high for 1 minute or until the top is firm, **or bake** for 15 to 20 minutes.

7. **Serve** warm with your choice of

ice cream or cream (optional)
cacao powder or grated chocolate (opt.)
edible flowers (optional)

