

Low-Carb 3-Ingredient Mug Cake

A quick, go-to dessert for chocolate and sweet cravings. Of course, you can adjust the sweetener and amount of cocoa powder for your taste.

2.5 tbsp all-natural (no sugar) almond butter, peanut butter, or cashew nut butter

1 tbsp. stevia

1 large egg

Optional: 1 tbsp. unsweetened cocoa powder

1. Grab a regular-sized mug.
2. In the mug, using a fork, mix above ingredients really well.
3. Nuke in the microwave on high for 90 seconds. The cake should pull away from the sides and come out clean.

