

Keto Mug Cake - Chocolate, Vanilla, or Peanut Butter



4.87 from 292 votes

This chocolate keto mug cake is another one of my favorite quick treats! I give instructions for vanilla, chocolate and peanut butter...using coconut flour or almond flour!

Prep Time 4 mins	Cook Time 1 min	Total Time 5 mins
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Course: Dessert Cuisine: American Keyword: recipe for keto mug cake Servings: 1
Calories: Author: Jennifer Banz

Ingredients

- 1 Tablespoon Butter, melted
- 1 Tablespoon Coconut flour or 3 Tbsp Almond flour (click here to see my favorite brand)
- 2 Tablespoons Granular Sweetener (Click here to see my favorite on Amazon)
- 1 Tablespoons Cocoa powder (For Chocolate Version)
- 1 Tablespoon Sugar free Peanut butter (For Peanut Butter Version)
- 1/2 teaspoon Baking powder
- 1 Egg, beaten
- Splash of vanilla
- 1 Tablespoon Sugar free Chocolate Chips (Click here to see my favorite brand on Amazon)

Instructions

For Chocolate

1. In a microwave safe coffee mug, melt the butter in the microwave for 10 seconds. Add the coconut flour or almond flour, sweetener, cocoa powder, baking powder, vanilla and beaten egg. Mix well. Microwave on high for 60 seconds, being sure not to overcook. If you overcook it, it will be dry. Top with sugar free chocolate chips of desired.

For Vanilla

1. In a microwave safe coffee mug, melt the butter in the microwave for 10 seconds. Add the coconut flour or almond flour, sweetener, baking powder, vanilla and beaten egg. Mix well. Microwave on high for 60 seconds, being sure not to overcook. If you overcook it, it will be dry. Top with sugar free chocolate chips of desired or mix in before cooking.

For Peanut Butter

1. In a microwave safe coffee mug, melt the butter in the microwave for 10 seconds. Add the coconut flour or almond flour, sweetener, baking powder, vanilla and beaten egg. Mix well. Swirl in the peanut butter. Microwave on high for 60 seconds, being sure not to overcook. If you overcook it, it will be dry. Top with sugar free chocolate chips of desired.

Notes

Nutrition for chocolate mug cake with almond flour and no chocolate chips: 312 cal / 28g fat / 7 carbs / 4g fiber / 12g protein

Nutrition for peanut butter with almond flour and no chocolate chips: 395 cal / 35g fat / 8 carbs / 4g fiber / 15g protein

Nutrition for Vanilla with almond flour and no chocolate chips: 303 cal / 28g fat / 5 carbs / 2g fiber / 11g protein

- **Baking Instructions:** Use an oven safe ramekin. Bake in the oven at 350 for 15-20 minutes.