



CHOCOLATE MUG CAKE

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Prep time: 5 mins | Cook time: 1 1/2 mins | Yield: 1 mug cake

DESCRIPTION

Rich cacao powder and sweet maple syrup come together to create this chocolaty treat. This recipe is also vegan, gluten-free, and refined-sugar free!

INGREDIENTS

- 1/4 cup almond milk
 - 1/4 cup oat flour
 - 1 tablespoon maple syrup
 - 1 tablespoon peanut butter
 - 1 tablespoon cacao powder
 - 1/2 teaspoon baking soda
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INSTRUCTIONS

1. In a small bowl, mix together almond milk, maple syrup, and peanut butter
2. Mix in oat flour, cacao powder, and baking soda
3. Spray the inside of a petite mug with cooking spray
4. Pour batter into the mug
5. Cook in microwave for 1 ½ minutes
6. (Optional step) Add toppings!



DID YOU MAKE THIS RECIPE?

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