

MindfulBellie Health Coaching

Instant Paleo Chocolate Chip Mug Cake

Ingredients:

- ☐ 2 tbsp coconut flour
- ☐ 2 tbsp coconut Oil
- ☐ 1.5 tbsp Maple Syrup
- ☐ 1 egg
- ☐ Dash of salt
- ☐ 1/4 cup dark chocolate chips (dairy free)
 - 70% or greater cacao- I like Equal Exchange Dark Chocolate Chips
- ☐ ½ tsp Vanilla Extract
- ☐ 1 tbsp coconut milk (can use almond or hemp milk (unsweetened))
- ☐ Optional
 - 1 Scoop Vital Collagen Protein Powder!
 - 2 tbsp Almond butter/cashew butter



Instructions:

- ☐ In a small bowl whisk together coconut flour, and baking powder.
- ☐ Add egg, coconut oil, maple syrup, coconut milk and vanilla and mix thoroughly to combine.
- ☐ Fill into a large mug and microwave on high for about 2 ½ minutes. Start checking at about 2 minutes. Let sit for a couple minute before eating.

Easy Icing- Great to dip bites of cake into 😊 :

- ☐ In Microwave- Melt together ¼ cup dark chocolate chips, 2 tbsp coconut oil , ¼ tsp vanilla extract

