

## Cinnamon Mug Cake

### INGREDIENTS

- 1 Egg (50 g)
- 1 tbsp Coconut Oil (15 g)
- 1 tbsp Coconut Flour (7 g)
- 1 tbsp Almond Flour (7 g)
- 1 tbsp Erythritol (10 g)
- 2 tbsp Cream Cheese (30 g)
- 1 tsp Cinnamon (2 g)
- ½ tsp Vanilla Extract
- ½ tsp Apple Cider Vinegar
- ¼ tsp Baking Soda + Salt

### NUTRITION (per serving)

- Number of Servings - 1
- 410 Calories
- Fat - 37 g
- Protein - 11 g
- Carbohydrate - 9 g
- Fiber - 4 g
- Sugar - 2 g
- NET CARBS - 5 g**

### DIRECTIONS

1. In a small bowl, melt the coconut oil in the microwave for 10-20 seconds
2. Add egg and whisk together with cinnamon, vanilla extract, and apple cider vinegar
3. Add the coconut flour, almond flour, erythritol, baking soda and salt
4. Mix together and immediately put into a microwave-safe mug
5. Cook in the microwave for 45-60 seconds
6. Re-using the batter bowl, warm the cream cheese in the microwave for 10-15 seconds
7. Add Erythritol sweetener to your taste with the cream cheese topping  
**TIP:** Thin out with a splash of almond milk or heavy cream

EAT LOCAL & SUSTAINABLE



Want more recipes? Get my 30-Day Meal Plan!

[www.ketodietresults.com/30day](http://www.ketodietresults.com/30day)