

## Molten Mug Cake

*Chocolate. Cake. Easy. Quick. Those are words that anyone would love to hear!! Here is the perfect combo of rich, moist, and quick cake! My suggestion for food prep is to pre-measure the dry ingredients in to baggies. Then, when you are ready to indulge, grab one of your baggies and simply add the wet ingredients. Super easy.*

### **Ingredients:**

2 tbsp	Unsweetened cocoa powder
3 tbsp	Spelt flour or all-purpose flour
1/8 tsp	Salt
3 tbsp	Stevia
¼ tsp	Baking powder
2 tsp	Unsweetened applesauce
3 tbsp	Milk of choice
1 tsp	Vanilla extract
Pinch	Chocolate chips 😊

### **Directions:**

1. Combine all dry ingredients in a mug and mix well.
2. Pour in the wet ingredients. Stir until smooth. Top with chocolate chips.
3. Microwave for 60-120 seconds.  
\*\*\*I drizzle some sugar free chocolate syrup on top for a little something extra!

Molten Mug Cake		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 full recipe</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>168.3</b>	
	% Daily Value*	
<b>Total Fat</b>	3.9 g	5 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	451.6 mg	20 %
<b>Total Carbohydrate</b>	33.4 g	12 %
Dietary Fiber	4.8 g	17 %
Total Sugars	4.3 g	
Added Sugars	2.3 g	5 %
<b>Protein</b>	5.1 g	
<b>Vitamin D</b>	0.5 mcg	3 %
<b>Calcium</b>	174.2 mg	13 %
<b>Iron</b>	3.2 mg	18 %
<b>Potassium</b>	243.5 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>