

Cinnamon Keto Mug Cake

2 T Almond Flour- not Almond Meal

1 T Coconut Flour

½ tsp Baking Powder

1 tsp Cinnamon or 1tsp of Pumpkin Pie Spice

1 T Lakanto Erythritol/Monkfruit Classic

2 T Melted Butter, or 2T Melted Coconut Oil or mix of both

1 Large Egg

Mix all in a microwave safe coffee mug or ramekin. Microwave 60-90 seconds depending on microwave watts.

Top with Cinnamon Butter Glaze and Cream Cheese Icing.

Cream Cheese Icing

1 oz Full-Fat Cream Cheese

½ T Lakanto Confectioner's Sweetener, or 5-10 drops of Liquid Stevia or Monkfruit

Warm the cream cheese, a few seconds in the microwave or bring to room temp on the counter. Mix and stir in the sweetener of choice.

Cinnamon Butter Glaze

1 T Butter, melted

½ tsp Cinnamon

½ T Lakanto Confectioner's Sweetener

Add the cinnamon and confectioner's sugar to the melted butter and stir till mixed.