

Joy's Simple Vanilla Keto Mug Cake.

I came across Mug Cake recipes decades ago where you made them from full sugar cake mixes.

5 years ago I made my first Keto version and loved it.

Keto Cake in a Mug recipes are everywhere on the internet and in cookbooks and can even be purchased at grocery stores. I took that original recipe and made it simpler and a little more dessert like. I wanted a recipe that I could easily remember and have the minimum dishes to clean afterwards.

Joy's Simple Vanilla Keto Cake in a Mug.

1T Almond Flour- not Almond Meal

1T Coconut Flour

½T Flaxseed Meal

1T Coconut Oil

1 Large Egg

½ t Baking Powder

1/2t Vanilla

10 Drops Liquid Monkfruit, or Stevia to sweeten