



Easy Chocolate Mug Cake

AIP, Vegan, Gluten-Free, Grain-Free, Paleo, Egg-Free, Nut-Free

Ingredients

- 3 tablespoons **Otto's Naturals - Cassava Flour**
- 3 tablespoons maple sugar (or coconut sugar)
- 1 tablespoon carob (or cocoa)
- 3/8 teaspoon **Grain-Free Baking Powder****
- Pinch of salt
- 3 tablespoons water
- 1 tablespoon avocado oil
- 1/8 teaspoon vanilla
- Optional: Carob (or chocolate) chips for top

****Note:** If you don't have baking powder, you can use 1/8 teaspoon baking soda in the dry mix + ½ teaspoon apple cider vinegar in the liquids.

Instructions

1. In a small bowl, add cassava flour, maple sugar, carob, baking powder and salt. Whisk to combine and set aside.
2. In an 8-ounce mug, add water, avocado oil, and vanilla. Whisk together with a fork. Add dry ingredients and mix until all ingredients are well combined.
3. Place in microwave and cook for 55-70 seconds or until center bounces back when lightly touched. Since each home microwave is different with varying wattages, the cook time will vary.
4. Let sit for a few minutes to cool slightly. Add carob chips to top if desired, so the warmth of the cake will make them melt.

Alternative Method: You can also bake in the oven at 350 degrees Fahrenheit for 20-22 minutes.