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Chocolate “Mug-Cake” with Variations

Makes 1 Chocolate Mug Cake

Gluten-free, paleo, dairy-free, no added sugar, yeast-free

Ingredients:

- 1 pastured egg
- 1 teaspoon vanilla extract
- 1/2 ripe banana (frozen and thawed is fine), mashed, or 1-3 Tbsp. of unsweetened organic applesauce (for low carb) or 1 Tbsp. of Maple syrup or raw honey
- 1 Tbsp melted organic virgin coconut oil or MCT oil for added good fats and moistness (especially for ketogenic diets) - optional
- 1 Tbsp almond flour or sunflower seed flour
- 1 Tbsp coconut flour
- 1 Tbsp flaxseed meal, freshly milled, if possible
- 1 Tbsp dark chocolate chips or chopped very dark chocolate (more than 70% cacao, but the darker, the better)
- Pinch of sea salt or himalayan salt.
- 1/4 teasp. aluminum-free baking powder (optional)

In a large mug, combine egg, vanilla and mashed banana (or applesauce, maple syrup or honey), (and oil, if using) with a fork Add flours, baking powder (if using) and pinch of salt and make sure you remove all clumps with the fork.

Add chocolate chips last.

Set mug in microwave and "zap" for ca. 1 min 25 sec. (different depending on your microwave). It should be moist but set in the middle and just pulling away from the sides of the mug. You may have to try a few times before you get the ideal time in your microwave.

You can eat it straight out of the mug or loosen the sides and upset it on a plate. It's even great cold out of the fridge!

I combine almond, coconut flour and flaxseed meal with baking powder in a glass jar and store it in the freezer. Easy peasy. Just take 3 Tbsp. of this mixture. As fast as can be.