



Brownie-in-a-Mug

1 serving
10 minutes

Ingredients

1/4 cup Almond Flour
2 tbsps Cacao Powder
2 tbsps Maple Syrup
1 tsp Coconut Oil
1 tsp Vanilla Extract
1 Egg (large)

Nutrition

Amount per serving	
Calories	458
Fat	27g
Saturated	7g
Carbs	39g
Fiber	7g
Sugar	26g
Protein	14g
Cholesterol	186mg
Sodium	78mg

Directions

- 1 Whisk all ingredients together in a mug.
;
- 2 Microwave for 1-2 minutes until cooked through and brownie is puffy and light.
;
- 3 Top with sliced fresh strawberries or other berries as desired.

Notes

Busy Bee?: This treat is super quick and easy to whip up when you need something sweet right now! The best part ? It's gluten-free, dairy-free, and paleo friendly!