

MIDNIGHT SNACK-IN-A-MUG



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Diabeet Vriendelik

Batter:

- 1 tablespoon fine shredded coconut
- 1 tablespoon coconut flour
- 1 tablespoon cocoa
- 1 tablespoon Xylitol
- 1 teaspoon baking powder
- 1 egg
- 1 tablespoon buttermilk/ milk/ cream
- 2 tablespoon olive oil

Sauce:

- 50 ml warm water
- 1 tablespoon cocoa

Mix batter in a mug. First add dry ingredients then add liquid ingredients. Pour sauce over the back of a spoon onto the batter in the mug. Microwave for about 2–2.5 minutes until cake is spongy and a sauce appears at the bottom of the mug.

Recipe posted by Petra Pretorius Seaton

Photo: Petra Pretorius Seaton