



5-Minute Mocha Mug Cake

Ready for a low-calorie sweet snack? You'll love this quick and easy mug cake, which uses low-fat ingredients and artificial sweeteners to reduce the calorie count. If spelt flour isn't available at your local grocery, you should be able to locate it at Whole Foods or another gourmet grocery. The recipe says this that it takes 5 minutes to make this cake, but I bet you can do it in 3!

Ingredients

1/4 cup spelt flour
1 tsp cocoa powder
1/2 tsp instant coffee
1 tsp stevia
1/4 tsp salt
1/2 tsp baking powder
1 tbs coconut oil

Preparation Process

Add the flour, cocoa powder, instant coffee, stevia, salt, baking powder and coconut oil into a small bowl and stir.

Pour into a large coffee mug, microwave on high for 40-50 seconds and serve.

If you want to watch the video again. Click [here](#).