



EASY HOT COCOA MUG CAKE

Protein-Packed / Collagen-Rich / Low-Carb

Recipe by Curtis (@ketoxjunkie)
and featured on MariGoldFoods.com

INGREDIENTS:

Peanut Butter Layer

- 1 tbsp butter (melted)
- 1 medium-sized egg
- 3 tbsp almond flour
- 2-3 tbsp sweetener (MariGold Allulose)
- 1 serving (2 scoops) MariGold Hot Cocoa Collagen
- 1 Tbsp of cocoa powder
- 1/2 tsp baking powder
- Optional: hot cocoa whip cream (or any whip topping)

DIRECTIONS:

1. Place the 1 tbsp of butter into a microwave safe mug and microwave for 30 seconds until melted. Swirl the melted butter around the edges of the mug to coat so the cake won't stick too much.
2. Crack an egg into your mug and whisk with a baby whisk until slightly fluffy. Then add in the almond flour, sweetener, hot cocoa collagen, cocoa powder and baking powder and combine everything until the mixture is nice and smooth.
3. Microwave on HIGH for 90 seconds until the cake is fully done. Insert a toothpick into the middle part and when it comes out clean you will know that it's cooked.
4. Serve with some whip cream or keto ice cream and enjoy!



Featuring MariGold
Hot Cocoa Collagen Peptides
& Allulose
(MariGoldFoods.com)

