



Pumpkin Cake in a Mug with Chocolate Whip

Serves: 1

Ingredients

For your cake

- 1 tablespoon pumpkin puree
- 1.5 tablespoons coconut flour
- 1 egg + 1 egg white
- 1 tablespoon coconut oil
- 2 tablespoons canned coconut milk
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon baking soda
- pinch of salt

For your chocolate whip

- 1 tablespoon coconut butter
- 1 tablespoon canned coconut milk
- 1 teaspoon sunbutter (or nut butter)
- 1 teaspoon unsweetened cocoa powder
- ¼ teaspoon vanilla extract
- pinch of salt

Instructions

- 1 Mix everything in a mug!
- 2 Put it in the microwave for 1:30-2:30 minutes!
- 3 While your cake cooks, mix together your chocolate whip!
- 4 Once your cake is done (let it cool because that sh*t gets hot) and top with your chocolate whip!
- 5 YAY sugar detox! (exclamation!)

<http://paleomg.com/sugar-detox-pumpkin-cake-mug-chocolate-sauce/>