AMERICAN · DESSERT

Two-Minute Cinnamon Flax Mug Cake

5 min · Makes 1 × 1 mug cake · 386 kcal a portion · Video 3:48 · Keto Connect

Vegetarian · Gluten-free ingredients · Nut-free

Flaxseed meal and coconut flour make it a good source of fibre (about 7 g) with more than a day's plant omega-3 (ALA), for about 3.4 g net carbs. Sweetened with stevia, no added sugar.

Diet notes: Keto (3.4 g net carbs a serve).

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Ingredients

8 · MAKES 1 × 1 MUG CAKE

- [ ] 2 tbsp **butter**
- [ ] 1 tbsp **coconut flour**
- [ ] 2 tbsp **golden flaxseed meal**
- [ ] 1/4 tsp **baking powder**
- [ ] 1/2 tsp **ground cinnamon**
- [ ] a pinch of **salt**
- [ ] 15 drops **liquid stevia**
- [ ] 1 large **egg**

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter in a microwave-safe mug, about 30–40 seconds. 0:31
2. Add the coconut flour, flaxseed meal, baking powder, cinnamon, salt, stevia and egg and whisk with a fork, scraping down the sides, until smooth. 0:57
3. Microwave about 60 seconds, until risen and springy. Eat from the mug or turn it out onto a plate. 2:12

> **Tip** Like it sweeter? Use 20 drops of stevia. Pumpkin pie spice can replace the cinnamon, and the cook suggests a little cream cheese frosting on top.

The method is a summary in our words — the video shows every step.

One portion (1 mug cake) gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
386 kcal	11 g	10 g	6.8 g	35 g	370 mg
1,620 kJ	21% of a day	3.4 g net · 1.3 g sugars	24% of a day	17 g saturated	16% of a day
		4% of a day		45% of a day	

Energy from net carbs 4% · protein 12% · fat 84% — fits keto: 3.4 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Omega-3 207% · Selenium 37% · Vitamin A 30% · Vitamin B12 25%

Source of (10–19%) Magnesium 16% · Zinc 12% · Iron 10%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=e2-m8_fPBZQ, published 26 August 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cinnamon-flax-mug-cake