

Cauliflower Chocolate Mug Cake



Ingredients

1/3 cup riced cauliflower
1 egg
2 Tbls cocoa
1 Tbls sweetener
.25 tsp baking powder
.25 tsp cinnamon
2 tsp vanilla (banana, caramel or coconut)
*optional orange zest

If you are feeling like a little extra dessert this is an low fat, clean ingredient option. Counts as 1 oz protein and 1/3 cup of select vegetable.

Instructions

Add riced cauliflower, cocoa, sweetener, baking powder and cinnamon to a bullet blender. Pulse until a coarse meal.

Pour meal into a microwave safe mug.

Add egg and extract to your bullet and blend. Pour wet ingredients into the mug with dry ingredients. Stir well.

Microwave for 2 minutes. Let cool, then loosen and invert onto a plate. Sprinkle with cocoa and drizzle with sugar free caramel or chocolate sauce.

* Use a good quality extract to help mask the vegetable taste. Add a small amount of orange zest if you are using vanilla.