

# DECADENT MUG BROWNIE

RECIPE BY: GEMMA OBERHOLZER



DIFFICULTY: EASY

TIME: 10 MINUTES

SERVES: 1

A warm, decadent and dense dessert all made in the microwave and without any refined sugar? Um, yes please!

## METHOD

In a microwave-safe mug (that holds at least 250 ml of liquid) add cocoa powder, coconut flour, baking powder and sweetener. Mix with a small whisk or fork to break up any clumps and mix until evenly combined. Add in heavy cream, water and oil. Whisk until batter is smooth. Sprinkle surface with dark chocolate. Cook brownie in the microwave at full power for about 60-80 seconds. For a fudgier brownie, keep cooking time closer to 60 seconds. Allow brownie to cool a few minutes before eating. Brownie is best eaten warm. Top with chopped chocolate and nuts, whipped cream or fresh fruit.

\*Use coconut cream for Paleo and vegan.

## INGREDIENTS

- 2 Tbsp cocoa powder
- 2 tsp coconut flour
- 1/2 tsp baking powder
- 2 Tbsp granulated sweetener e.g. xylitol or erythritol
- 1 1/2 Tbsp heavy cream, coconut cream\* or milk
- 1 1/2 Tbsp water
- 1 tsp olive oil
- 1 Tbsp chopped dark chocolate of choice