



# Mug Cake

Total: 6 min · Prep: 5 min · Cook: 1 min · 1 servings · Easy · Desserts

Vegetarian

## INGREDIENTS

50 g Oats

10 g Cocoa

1 pc Egg

30 g Plant milk

5 g Coconut oil

15 g Honey

15 g Finely chopped walnut or other nut  
(except peanut)

## INSTRUCTIONS

- 1 In a deep bowl, mix all ingredients until smooth, stirring thoroughly to avoid lumps.
- 2 Add the finely chopped nuts and stir the batter once more.
- 3 Divide the batter into 2 portions and place in mugs.
- 4 Microwave the mugs for approximately 3 minutes.

**Nutrition per serving:** 473 kcal · Protein 17.0 g · Fat 25.0 g · Carbs 50.0 g · Fiber 9.7 g