

MICROWAVE

# Mug Brownie

1 SERVINGS

PREP: 3 MINS

COOK: 2 MINS



## INGREDIENTS

- 1 tablespoon coconut oil
- 2 tablespoon unsweetened coconut milk or low-fat milk
- 1/4 teaspoon vanilla extract
- 1 1/2 tablespoon all-purpose flour
- 1 tablespoon sugar
- 1 tablespoon unsweetened cocoa powder
- 1/8 teaspoon salt
- 2 teaspoons mini chocolate chips (optional)

## DIRECTIONS

1. Place coconut oil in a small microwave-safe coffee mug and microwave on high until melted, 15 to 20 seconds. Cool for 1 minute.
2. Whisk in coconut milk (or milk) and vanilla.
3. Add flour, sugar, cocoa and salt; continue whisking until completely incorporated.
4. Stir in chocolate chips, if using.
5. Microwave on high until firm to the touch and no longer glossy, 30 to 40 seconds.
6. Let stand for 8 to 10 minutes.

## NUTRITION INFORMATION (PER SERVING)

234 calories; protein 2.3g; carbohydrates 25g; dietary fiber 2.4g; sugars 12.8g; fat 14.9g; saturated fat 12.2g; vitamin A iu 62.7IU; folate 26.2mcg; calcium 21.7mg; iron 1.3mg; magnesium 34.5mg; potassium 101.3mg; sodium 292.3mg; thiamin 0.1mg; added sugar 13g.

