



## CHURRO OR MAPLE PECAN MUG CAKES

By Dr. Cindy Tanzar  
(Special Occasions)

Oh, my goodness! Did she just say cake? Yes! In our quest to help with variety at breakfast, this modified mug cake from ruled.me may become a favorite. While we aren't big microwave fans, there is a time and place for everything. This quick recipe can serve as a breakfast muffin as well as a dessert. While we don't endorse desserts on a regular basis, having a back-up plan that keeps you from occasionally eating something with ingredients that will affect your health and weight loss, is a lifesaver. Swerve, erythritol or xylitol can be found at your local health food store (like Health Nut Nutrition in Wyndhurst).

Makes 1 serving. This recipe provides 2oz protein and 2 servings of fat.



### CHURRO MUG CAKE INGREDIENTS

- 1 large pastured egg
- 2 Tbsp. Kerry Gold butter (melted or room temp.)
- 4 Tbsp. almond flour
- 1 Tbsp. Swerve, erythritol or xylitol
- 7 drops liquid Stevia



1/4 tsp. pure vanilla  
1/4 tsp. ground cinnamon  
¼ tsp. nutmeg  
1/8 tsp. ginger  
1/8 tsp. ground cloves or allspice (can use extra cinnamon if you don't have these)  
1/2 tsp. baking powder

## INSTRUCTIONS

Mix all ingredients together well in a coffee mug (over 8 oz). Microwave on high for 60 seconds. Carefully turn hot cup (holding the handle) upside down and tap lightly against a plate until it releases.

We like to cut it in half while still warm and sprinkle a few Lily's mini chocolate chips (or at least an organic 85% chocolate bar chipped) for an extra layer of deliciousness.

## CINNAMON PECAN MUG CAKE INGREDIENTS

1 large pastured egg  
2 Tbsp. Kerry Gold butter (melted or room temp.)  
2 Tbsp. almond flour  
1 Tbsp. Swerve, erythritol or xylitol  
7 drops liquid Stevia  
1 Tbsp. crushed pecans  
1/2 tsp. pure maple extract \*\*  
¼ tsp. ground cinnamon  
1/2 tsp. baking powder

## INSTRUCTIONS

Mix all ingredients together well in a coffee mug (over 8 oz). Microwave on high for 55 seconds. Carefully turn hot cup (holding the handle) upside down and tap lightly against a plate until it releases.



This recipe provides 12 grams of protein (equivalent of two eggs) and 2 servings of fat. 20g protein is optimal per meal, so add as a muffin with an egg or slice of [Applegate Farms](#) turkey bacon or sausage .

**\*\*** Pure maple extract can be found at Walmart (in Forest). Many other natural flavors like caramel or banana, etc. can be found on Olive Nation (link below), as well. Not all food stores carry pure extracts. They are great for adding flavor to vanilla protein shakes or other items.

Make sure your extracts are pure! Anything with the terms artificial, essence, or flavored are not on plan. You will notice many extracts utilize alcohol as an agent to carry the flavor of the extract. It is perfectly fine to use on our plan, as it is so small of a portion, as is the serving size. **Make sure there is no sugar in your extracts!**

<https://www.olivenation.com/extracts-flavorings.html>

You can also make these recipes the night before for an even quicker breakfast option.