



## PUMPKIN SPICE MUG CAKE

By Dr. Cindy Tanzar  
(Maintenance/Special Occasions)

This recipe was provided to us by Debbie Snead. It is absolutely delicious! It is a simple twist on the Churro Mug Cake so many of you love. Normally meant for maintenance, this recipe can either be used as a dessert on special occasions or as a breakfast muffin. Our rule is - if you are on plan and are going to be tempted to eat a dessert that is unhealthy and full of sugar, you are far better off to make this choice.

You can also, on occasion, enjoy this muffin for breakfast. This recipe provides 2 ounces of protein 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.

Makes 1 serving.



### INGREDIENTS

- 1 large pastured egg
- 2 Tbsp. Kerry Gold butter (melted)
- 4 Tbsp. almond flour
- 1 heaping Tbsp. canned pumpkin
- 1 Tbsp. Swerve, erythritol or xylitol (health food store or Amazon)
- 7 drops liquid Stevia



1/4 tsp. pure vanilla  
1/2-1 tsp. pumpkin pie spice (to taste)  
1/8 tsp. ground cloves  
1/2 tsp. baking powder

## INSTRUCTIONS

Mix all ingredients together well in a medium-large coffee mug (12 -14 oz).

Microwave on high for 70-85 seconds (depends on microwave), cake should not be wet, but springy. If cake rises too quickly and begins to overflow, pause microwave, then resume in a couple of seconds.

Carefully turn hot cup (holding the handle) upside down and tap lightly against a plate until it releases.