

Chocolate Chip Mug Cookie

- 1 tbsp grass fed butter, soft
- 1 tbsp organic coconut sugar
- pinch of sea salt
- 3 tbsp almond flour
- 5 drops vanilla stevia
- 1 egg yolk
- 1-2 tbsp dark chocolate chips (I like Lily's)

In mug add butter and soften in microwave for 10 seconds. Add vanilla stevia, coconut sugar, salt, almond flour and chocolate chips. Add the egg yolk. Mix well. Microwave for 55 seconds.

<http://glutenfreejess.com/2016/02/23/paleo-chocolate-chip-mug-cookie/>

Strawberry Mug Shortcake

- 2 Tbsp coconut cream, top of can
- 1 tsp maple syrup
- 5-10 drops vanilla stevia
- 1 egg yolk
- Fresh Strawberries

Mix

- 3 Tbsp almond flour
- 1 Tbsp coconut flour
- ¼ tsp Cream of Baking Soda (1:1 cream of tartar and baking soda)
- Pinch of salt

Add vanilla stevia, maple syrup, coconut cream, and stevia. Add flour mix. Add the egg yolk. Mix well. Microwave for 1min.

Vanilla Mug Cake

- 1 tbsp Coconut oil (measured solid, then melted)
- 1 tbsp Unsweetened almond milk (or any milk of choice)
- 1 tsp-tbsp maple syrup
- 15 drops vanilla stevia
- 1 large Egg

Mix

- 3 tbsp Blanched almond flour
- 1 tbsp Coconut flour
- ½ tsp Cream of Baking Soda (1:1 cream of tartar and baking soda)
- 1 pinch Sea salt

In mug add butter and melt In microwave for 20 seconds. Add vanilla stevia, maple syrup, almond milk. Add flour mix. Mix. Add the egg. Mix well. Microwave for 1 ½- 2min.

<https://www.wholesomeyum.com/recipes/vanilla-mug-cake-paleo-low-carb-gluten-free/>

Pecan Date Mug Cake

- 1 ½ tbsp grass fed butter, soft
- 5 large Majoul dates, chopped
- 1 ½ Tbsp water
- 5 drops vanilla stevia
- 1 egg

Mix

- 3 tbsp Blanched almond flour
- 1 tbsp Coconut flour
- ¼ tsp Cream of Baking Soda (1:1 cream of tartar and baking soda)
- 1 pinch Sea salt
- 1 Tbsp pecan, chopped

Mix chopped dates in water. Heat for 1 min. Add butter. Mix and let cool to warm. Add stevia, dry mix, and egg yolk. Mix. Microwave for 1 ½ min.

-RedeemingVitality.com

Blueberry Mug Muffin

- 1 Tbsp olive oil
- 1 Tbsp almond milk
- 2 tsp maple syrup
- 15 drops vanilla stevia
- 1 egg
- 2 Tbsp frozen wild blueberries
- 1 Tbsp sliced almonds

Mix

- 3 Tbsp almond flour
- 1 Tbsp coconut flour
- ¼ tsp Cream of Baking Soda (1:1 cream of tartar and baking soda)
- Pinch of salt

Add vanilla stevia, maple syrup, olive oil, egg, almond milk, and stevia. Add flour mix. Let thicken a little before adding the blueberries. Mix. Sprinkle top with sliced almonds. Microwave for 1 ½ min.

<https://kirbiecravings.com/blueberry-almond-mug-cake-paleo-gluten-free/>

Cinnamon Flax Mug Muffin

- 3 tbsp Coconut oil (melted) or ghee (melted)
- 1 Tbsp maple syrup
- 10 drops vanilla stevia
- 1 large Egg
- 1/2 tbsp Cinnamon and ½ Tbsp coconut sugar

Mix

- 2 tbsp Coconut flour
- 1 tbsp Golden flaxseed meal
- ¼ tsp Gluten-free baking powder
- 1 pinch Sea salt

In mug add butter and melt In microwave for 20 seconds. Add vanilla stevia and maple syrup. Mix in flour mix. Add the egg. Mix well. Sprinkle cinnamon-coconut sugar mix on top. Microwave for 1 ½ - 2 minutes.

<https://www.wholesomeyum.com/recipes/cinnamon-swirl-mug-muffin/>

Pumpkin Mug Pie

- ¾ c canned pumpkin puree
- ¼ almond milk
- 1 egg yolk
- 2 tbsp coconut sugar
- ¼ tsp pumpkin pie spice
- ¼ tsp cinnamon
- 1 dropper vanilla stevia

Mix all ingredients well. Microwave for 2 min., then 1 min. At a time until done. It will be pulling off the side.

Make-ahead Nut Portage Mug

Mix

- 1 c Almonds
- 1 c Coconut
- 1 c walnuts
- ⅔ c pumpkin seeds
- ⅓ c Flaxseed meal
- 1 Tbsp cinnamon powder
- 1 c currents
- ¼ c astragalus powder

For Mug

- ¼ c hot water
- ½ c almond milk
- 1 tsp maple syrup or 10-20 drops vanilla stevia
- ½ c mix

Blend Mix and store. For serving: Add ½ c nut portage mix, water, almond milk, and sweetener to mug. Stir and microwave for 1 min. -RedeemingVitality.com

Easy Keto Dark Chocolate Cake:

- 3 Tbsp Lily's Chocolate chips
- 1 Tbsp olive oil
- 2 Tbsp coconut flour
- 1 egg
- 2 Tbsp water
- 15 drops vanilla stevia

Mix chocolate chips with olive oil. Heat for 20 sec. In microwave. Stir. Heat 20 more sec. until melted. Let cool to warm. Add rest of ingredients. Mix. Microwave for 1 ½ min.

<https://www.allrecipes.com/recipe/235539/best-mug-cake-paleo/>