

5 Min Chocolate Ovenless Cake

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Yields: 2

Ingredients:

- ½ cup oil
- 1 ¼ cup of almond flour
- 1 tablespoon plus ½ teaspoon baking powder
- ¾ cup sweetener
- 1 cup liquid egg whites
- Pinch salt
- 1 tablespoon vanilla extract
- ½ cup cocoa powder
- 2 ½ cup Chocolate chips
- 1 cup almond milk

Directions:

1. Prepare a microwave safe bowl or silicone pan and add parchment paper and spray release

2. Add all ingredients to the bowl and mix
3. Pour into microwave safe bowl and cook at 2 minutes at a time
4. Cook until done
5. Allow to cool remove from the dish and plate.
6. Heat both the chocolate chips and almond milk until all well combined.
7. Cool for 2 minutes and pour over the cake.
8. Enjoy.

Nutrition:

Nutrition per serving (just cake):

- 1g Net Carb
 - 3g Fiber
 - 4g Total Carbs
 - 6g Protein
 - 19g Fat
 - 212 Calories
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