

90 Second Cake in a cup

INGREDIENTS:

Cake:

- 1 tbsp butter, melted
- 3 tbsp almond flour
- ½ tsp baking powder
- 1 tbsp Allulose (This Sweetner rates ZERO on the glycemic scale – wont effect your blood sugar!)
- 1 egg
- ½ tsp vanilla extract
- Dash of cinnamon

Cream Cheese Glaze:

- 1 oz softened cream cheese
- 1 tsp Allulose
- ¼ tsp vanilla extract
- Strawberries to garnish

DIRECTIONS:

1. Add butter into mug and melt together in the microwave for 20 seconds.
2. Add eggs and whisk in.
3. Add all of your dry ingredients and mix super well until incorporated.
4. Microwave for 90 seconds - It's best for the cake to be slightly wet (you don't want a dry cake)
5. Meanwhile, make your cream cheese glaze and mix.