

## INGREDIENTS

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6 Tbsp Almond Flour  
3 Tbsp Coconut Sugar  
2 Tbsp Cocoa Powder  
1 Tsp Baking Powder  
2 Eggs  
2 Tbsp Chocolate Almond Butter  
1 Tbsp Almond Milk  
1 Tsp Vanilla Essence  
Almond Chunks for decorating

## INSTRUCTIONS

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- Combine all dry ingredients together, whisk to remove all lumps.
- Combine all wet ingredients together in a separate bowl and whisk together.
- Add wet ingredients to dry mixture and whisk together until smooth.
- Spray 2 ramekins or mugs with cooking spray and divide mixture between them.
- Cook in microwave for approx. 60-80 secs. Check after 60 seconds to see if cooked through, if not cook in 10 sec intervals checking in between.

Serve with your favourite choice of ice-cream of almond chunks



## 5 Min Chocolate Mud Cake



Makes 2



5 minutes

You don't need to be a baker for this quick (we're being generous with the 5 mins) and easy dessert that will be sure to impress your guests. You can even make it into a Mocha by adding 1-2 tsp of instant espresso.

