

# Lemon Poppy Seed Mug Cake



## INGREDIENTS

1 lemon, zested and juiced

3 TBSP coconut flour

1 Tbsp Truvia (I didn't have, so substituted Erythritol, or I could also use liquid Stevia to make it even lower carb)

¼ tsp baking powder

Pinch of salt

½ tsp poppy seeds

2 TBSP avocado oil or olive oil (original recipe calls for vegetable oil....that's a NO NO)

2 TBSP water

1 egg

## INSTRUCTIONS

In a regular size mug, add the coconut flour, artificial sweetener, baking powder, salt, and poppy seeds. Mix with a fork.

Next, add in the lemon zest and juice and mix again.

Then add in the water and oil and mix again.

Add in the egg and using a fork mix until all the egg is incorporated. Mix for 45-60 seconds.

Microwave for 3 minutes\* and then let the mug cake sit for 5 minutes to cool down.

(\*Microwaves will vary)