

Vegan Mug Cake



This vegan mug cake is made without egg or milk and uses applesauce for moisture. Within 5 minutes you have a great vegan dessert for 1!

By Rita

Prep: 5 mins

Cook: 3 mins

Total: 8 mins

Servings: 1

Yield: 1 mug cake



Ingredients

4 tablespoons all-purpose flour

3 tablespoons white sugar

2 tablespoons unsweetened cocoa powder

¼ teaspoon baking powder

4 tablespoons applesauce

3 tablespoons soy milk

1 tablespoon vegan chocolate chips, or more to taste

1 tablespoon toasted flaked coconut (Optional)

Directions

Step 1

Combine flour, sugar, cocoa powder, and baking powder in a mug. Stir applesauce and soy milk together in a bowl and add to flour mixture. Stir until well combined. Fold in chocolate chips and sprinkle with coconut.

Step 2

Microwave at the highest setting until mug cake has set and risen well, about 3 minutes.

Nutrition Facts

Per Serving: 449 calories; protein 8.4g; carbohydrates 87.2g; fat 12.8g; sodium 151.8mg.