

STRAWBERRY, ALMOND BUTTER AND VANILLA MUG CAKE



DIFFICULTY
EASY



TIME
5 MIN



SERVES
1

INGREDIENTS

For the topping

- If using frozen strawberries: 4 frozen strawberries, warmed in microwave or on counter top
- If using fresh strawberries: 2 large strawberries, cut into 1/6ths lengthwise
- ¼ tsp orange zest
- 1 tsp real maple syrup

For the cake

- 1 medium or large egg
- 1 Tbsp almond butter
- 3 Tbsp almond flour
- 8 slices freeze dried strawberries, crushed (optional)
- 1 Tbsp + 1 tsp real maple syrup
- ¼ tsp baking powder
- ⅛ tsp salt
- ½ tsp vanilla extract or vanilla bean paste
- ⅛ tsp almond extract (optional)
- Cooking spray

DIRECTIONS

Make the topping

1. Toss together the strawberries, real maple syrup and orange zest. Set aside.

Make the cake

1. Lightly spray an 8 ounce mug or custard ramekin.
2. In a small bowl, whisk together the egg and almond butter and mix thoroughly until there are no almond butter streaks. Add the rest of the ingredients and whisk.
3. Transfer the batter into the prepared mug. Microwave for 1:15-1:45 minutes until the batter rises and holds. Remove from the microwave. Either remove cake from the mug and top with strawberries or leave it in the mug.

NUTRITION FACTS PER SERVING

Calories: 307 **Fat:** 16.4g (**Saturated Fat:** 2.3g) **Carbohydrates:** 32.5g **Fiber:** 3.7g **Sugar:** 23.4g
Protein: 10.4g **Sodium:** 358mg



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