

 Low FODMAP Chocolate Mug Cake

Serves: 1

Prep: 5 minutes

Cook: 2 minutes

**Ingredients**

4 tbsp gluten free flour
3 tbsp sugar
2 tbsp cocoa powder
½ tsp baking powder
3 tbsp lactose free milk
1 tbsp vegetable oil
1 tsp vanilla extract
1 tbsp dark chocolate (chopped or chocolate chips)
Optional - icing sugar for topping

Method

1. Add all ingredients in a microwave-safe mug, stir until combined
2. (Top with extra chocolate if you like!)
3. Microwave for 1½-2 minutes. Watch to make sure it doesn't spill over the top of the mug
4. Remove and let cool for 1 minute, then top with icing sugar (optional)

Hints

Make sure you mix well to avoid pockets of flour in the batter!

Nutrition Information (per serve)

Energy	2864 Kj / 685 cal
Protein	7.32g
Carbohydrates	102.40g
Sugar	62.18g
Total Fat	27.60g
Saturated Fat	7.45g
Fibre	4.71g