



NEW MOON FITNESS GLUTEN & DAIRY FREE RECIPES

Paleo Chocolate Chip Microwave Mug Cookie



A quick, nutritious treat that satisfies chocolate and sweet cravings, while providing a wallop of good fats. Serve hot with coffee or tea.

Serves: 1 cookie

Macros: Fats 37g Carbohydrates 24g Proteins 12.5g

PREP TIME: 5 mins

COOK TIME: 1 min

TOTAL TIME: 6 mins

Ingredients

- 1 T coconut oil
- 1 T coconut sugar
- ½ t vanilla extract
- 1 egg
- ¼ C almond meal/flour
- 1 T dairy-free chocolate, broken

Directions

1. If oil is hard, microwave in mug or ramekin for 30 seconds.
2. Stir in coconut sugar and vanilla until well combined.
3. Stir in egg.
4. Add almond flour and stir well.
5. Mix in chocolate.
6. Microwave for 45-60 seconds.

Notes

1. **Options:** Add a pinch of salt. Butter or ghee can be substituted for the coconut oil. Dairy-free semi-sweet chips may be substituted. Or make your own chocolate!
2. Vary cooking time by oven and by your moisture preference