



## Lemon Mug Cake

### Description

### INGREDIENTS

#### Citrus Mug Cake:

- 1 tablespoon butter, 3 tablespoons almond flour, and 1/2 teaspoon baking powder.
- Use 1 tablespoon of your preferred sweetener, such as granulated monkfruit (OR 1 egg white) 3 tablespoons of egg whites
- 1 teaspoon lemon juice
- 1/5-8 tsp. lemon zest

#### Citrus Glaze:

- 1 tablespoon softened cream cheese
- 1 tablespoon of powdered sugar (granular)
- ONE tablespoon thick cream
- 1 teaspoon lemon juice
- Lemon zest, 1/8 teaspoon

### INSTRUCTIONS

- Add all of the mug cake ingredients to a mug, stir well, then microwave for 1 minute and 20 seconds!
- Stir thoroughly to blend for the glazing.

### Category

1. High Protein Recipes

### Date

11/03/2025