

Chocolate Vegan Mug Cake



4.48 from 38 votes

Fudgy, super simple, and ready in minutes, this vegan chocolate mug cake is one of the easiest desserts you'll find.

Prep Time 5 mins	Cook Time 1 min	Total Time 6 mins
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Course: Desserts Cuisine: American Diet: Vegan, Vegetarian Servings: 1
Calories: 305kcal Author: Terri Edwards

Equipment

- Enjoy Life Baking Chocolate Chips, Dairy free,
- 365 Everyday Value Organic Grade A Maple Syrup Dark Color, 32 Ounce
- 365 Everyday Value, Organic Cocoa Powder, 8 Ounce

Ingredients

- 2 tablespoons whole wheat flour heaping rounded tablespoons
- 2 tablespoons cocoa powder level tablespoons
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2 tablespoons maple syrup
- 1 tablespoon applesauce
- 2.5 tablespoons plant milk
- 1/2 teaspoon vanilla extract
- 1 tablespoons non-dairy chocolate chips heaping tablespoons
- 1 teaspoon crushed walnuts optional

Instructions

1. Add the dry ingredients—flour, cocoa powder, baking powder, and salt—to your coffee mug and whisk them together well. I suggest heaping tablespoons instead of level, and the cocoa should be level tablespoons.
2. I use whole wheat flour, but oat flour can be substituted to make this gluten-free. You will just need to add less plant milk
3. Next, add the wet ingredients—applesauce, maple syrup, non-dairy milk, and vanilla extract—and mix thoroughly.
4. Add the non-dairy chocolate chips and walnuts if using and stir with a spoon or fork until folded into the batter well. I like to sprinkle a few more on the top as well.
5. Place in the microwave and cook for about 1 minute. Mine takes 1 minute and 5 seconds. Some microwave cooking times may vary, but mine takes a little over 1 minute. You might want to check the consistency after one minute and add additional time if needed. I actually like mine a little fudgy in the middle.

Notes

Tips & Suggestions:

I have included step-by-step photos and directions above to ensure your first attempt will be successful.

Mug size- Use a microwave-safe ceramic or glass mug that's at least 12 ounces to prevent overflowing. A slightly taller mug works best to give the cake room to rise.

Flour- I like to use either whole wheat flour or oat flour. Oat flour will make this mug cake gluten-free if the oats are certified gluten-free. If you would like to use another gluten-free flour, Minimalist Baker has a great gluten-free baking guide.

Don't overcook- The trick with cooking is to stop it a little before you think it is done to avoid overcooking which will dry it out.

Reheating- Simply place it in the microwave and heat it for 10-15 seconds.

Topping Options- This dessert is perfect exactly as is and that's the way we serve it at my house. However, if you want to really take it over the top, try these topping ideas.

1. Vegan Caramel
2. Homemade Powdered Sugar
3. Vegan Whipped Cream Topping
4. Vanilla Nice Cream (3-Ingredients)

Nutrition

Serving: 1g | Calories: 305kcal | Carbohydrates: 57g | Protein: 6g | Fat: 7g | Sodium: 428mg | Fiber: 3g | Sugar: 33g

Thank You! <https://eatplant-based.com/chocolate-vegan-mug-cake/>