



Chocolate Microwave Cupcakes

INGREDIENTS

- 1 small egg at room temperature
- 2 TBSP of unsweetened cocoa powder
- 1 TBS maple syrup
- A couple drops of vanilla extract
- ¼ TSP of baking soda

DIRECTIONS

In a small mixing bowl, thoroughly beat the egg with the cocoa powder, vanilla, and syrup. Sprinkle the baking soda over the batter at the end and thoroughly mix. Immediately pour the batter into either two ramekins (lightly greased for best results), or three microwavable silicone cupcake liners. Microwave the cupcakes together for 55-60 seconds. The batter will balloon up and then go down. Let cool for a few minutes. Remove the cupcake liners if you used those. 1 cupcake is 80 calories