



# COCOA AND AVOCADO MUG CAKE (GLUTEN-FREE)



Preparation time  
**10 minutes**



Total time  
**10 minutes**



Portions  
**2**



Difficulty  
**Easy**

## INGREDIENTS

- 1 Aurum avocado
- 1 egg
- 3 tbsp unsweetened cocoa powder
- 3 tbsp gluten-free oat flour
- 2 tbsp honey
- 1/2 tsp gluten-free baking powder

## PREPARATION

1. Mash the avocado pulp until you obtain a smooth puree.
2. In a large mug or microwave-safe bowl, beat the egg with the honey.
3. Add the avocado puree, cocoa powder, and flour. Mix well until you have a smooth batter.
4. Microwave on full power for 2-3 minutes, watching carefully to prevent it from boiling over.
5. Let it cool slightly before enjoying. Optional: decorate with yogurt.