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# Microwave Chocolate Mug Cake With Ice Cream

Self-rising flour

Unsweetened cocoa powder

Baking powder

Monk fruit sweetener with erythritol

I Can't Believe It's Not Butter! Light 30% vegetable oil spread

Lily's Dark chocolate mini baking chips

Plain unsweetened almond milk

Blue Bunny fat free sugar free vanilla ice cream

Walden Farms SF syrup

- ❶ Throw all the ingredients in a mug
- ❷ Stir well
- ❸ Heat in the microwave for 40 seconds
- ❹ Add ice cream of choice as topping
- ❺ Drizzle with Walden Farms SF syrup