

Breakfast Chocolate Cake (AIP)

Created by Louis Hendon (Paleo Living Magazine) as Keto Breakfast Chocolate Cake

Altered for AIP by Mary Ann Hastings @ CookingForYourLifestyle.com

INGREDIENTS

1 *egg, whisked

1/4 teaspoon of [lemon juice](#) (instead of ¼ [vanilla](#))

4 Tablespoon of [coconut milk](#)

Stevia or xylitol, to taste (I use 1 T local honey. If you use stevia or xylitol, add another T of coconut milk to avoid a dry “cake”)

1/4 cup of [almond flour](#)*

1/4 teaspoon of [baking powder](#)

1½ Tablespoons of [cacao powder](#)

1/2 teaspoon of [cinnamon powder](#)

1/4 teaspoon of [salt](#)

INSTRUCTIONS

1. Using a very small whisk or fork, whisk all the ingredients together in a mug until just mixed.
2. Cook for 2 minutes in the microwave on high.
3. Remove and eat straight out of the mug, or take out and put onto a plate. It's quite hot right out of the microwave, so give it a few minutes to cool down.

***NOTE:** *Almonds and *eggs are not normally ingredients that people with an autoimmune disorder can tolerate, depending on where you are in your healing. If you are rotating these foods back into your diet, go slowly and see how you feel. If you are traveling, this is very easy to “carry along” with your other foods you've prepared ahead of time. Simply make up “mixes” of all of your dry ingredients in a zip-lock bag. Take wet ingredients and mix together. Pour into a zip-lock bag and lay flat on a half sheet pan in the freezer until frozen. When packing the cooler, take the bag of egg mixture from freezer and use as part of your ice pack to keep things cold until your hotel arrival. Place in refrigerator until you are ready to use as a protein-packed quick meal or snack. Pour both bagged ingredients into a mug and put into the microwave, as above and enjoy.

Other Ingredient substitutes for equal yumminess and health:

¼ cup of semi-sweet non-dairy, gluten and soy-free mini dark chocolate chips, omitting the cacao powder and stevia/xylitol. Since chocolate chips are made not to melt, this turns out more like a blonde brownie, with the chocolate chips scattered throughout the cake.

Using ¼ cup of fresh or frozen (thawed) blueberries instead of the cacao powder will turn this into a very healthy “blueberry muffin”. Depending on how big (or juicy) the blueberries are, you may want to skip or reduce the amount of coconut milk used.