



## PUMPKIN SPICE MUG CAKE



### INGREDIENTS:

- 1/2 scoop Breakfast in Bed GLAM PRO
- 1 medium egg
- 2 tbsp canned pumpkin
- 1 tbsp coconut flour
- 1 tbsp 0-calorie confectioners substitute (Swerve)
- 1/2 tbsp 0-calorie brown sugar substitute (Swerve)
- 1/2 tsp vanilla extract
- 1/4 tsp xanthan gum
- 1/4 tsp baking powder
- 1 tsp pumpkin pie spice
- 2 tbsp dairy free whipped topping (recommended: coconut)

### DIRECTIONS:

1. Mix all ingredients together in a large mug or microwave safe bowl
2. Microwave in 30 second intervals until top is set and cake pulls away from sides, which should be about 90 seconds total
3. Top with whipped topping and serving immediately

Makes 1 Serving

Calories: 159 | Protein: 14 g | Carb: 30 g | Fat: 6 g | Fiber: 4