

## Gluten Free, Keto Friendly, Low Carb, 90 Second Personal Cake

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Related Categories: almond flour, gluten free desert, keto friendly desert, Gluten Free Cooking, Low Carb, Cooking, Keto Cooking, Gluten Free Keto Cooking



The image above does not do this justice, mainly because I am horrible at frosting things. The frosting department is usually done by my wife, as she will usually take over since I am so horrible at it. I just cannot seem to get this down no matter how hard I try to do at it.

This is a very simple cake that uses the principles from the 90 second bread, and the 90 second strawberry short cake recipes to make a individual cake. This works in a pinch, just like the other ones do and this one can be made just for you if you go to a party that has cake at and you dont want to be left out. The super nice thing about this, is that you can make this at work! All you need to do is bring some **frosting** with you, and the ingredients and you can actually bring this along and make it in your break room at work!

In the video below I said that I used 1 tsp of baking powder, but that was wrong I used 3 teaspoons of baking powder

### Ingredients:

- 3 Tbsp **blanched almond flour**
- 3 tsp **baking powder**
- 1 egg
- 1 Tbsp butter
- 2-3 tsp **Erythritol**
- 2-3 tsp **vanilla extract**
- **frosting**, how ever much you want to make and or use.

## Directions:

1. Grease a small pyrex bowl or a coffee mug
2. Mix all the ingredients into a bowl
3. Cook in your microwave for 90 seconds.
4. Let cool for a while
5. After it has cooled, frost it with the **frosting** and enjoy.

Watch this video on Daily Motion - <http://dai.ly/x6hrk78>