



Mint Chip Vegan Mug Brownie Sundae

 Dairy Free  Popular

READY IN



5 min.

SERVINGS



2

CALORIES



233 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cocoa powder
- ☐ 1 tablespoon coconut oil melted
- ☐ 2 servings dairy-free chocolate sauce (I used this one)
- ☐ 2 servings so delicious dairy free mint chip coconut milk ice cream
- ☐ 3 tablespoons so delicious dairy free coconut milk beverage unsweetened
- ☐ 0.3 cup pastry flour – see note below plain whole wheat all-purpose (can sub or)
- ☐ 0.1 teaspoon peppermint extract (8 to 10 drops)
- ☐ 0.3 cup sugar organic

☐ 0.3 teaspoon vanilla extract

Equipment

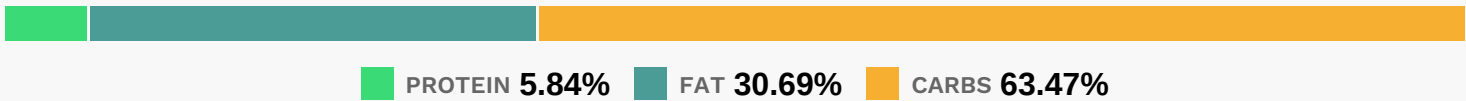
☐ bowl

☐ microwave

Directions

- ☐ In a small bowl, stir together the flour, sugar, cocoa powder and salt, mashing it with the back of the spoon to break up and incorporate any cocoa powder chunks.Stir in the coconut milk beverage, oil, vanilla, and peppermint (if using) until well-combined.
- ☐ Pour the mixture into a microwave-safe 12-ounce mug (no metallic designs on those mugs people!), and microwave on high for 60 to 75 seconds. 1 minute leaves it a little more fudgy, 75 seconds sets it up like a slightly dense/fudgy chocolate cake.Top with dairy-free ice cream and drizzle with chocolate sauce, if desired. Indulge or grab two spoons and share – this is one might dessert!

Nutrition Facts



Properties

Glycemic Index:79.46, Glycemic Load:17.71, Inflammation Score:-3, Nutrition Score:7.5434782064479%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 8.63g (13.28%), Saturated Fat: 6.33g (39.57%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 36.61g (13.31%), Sugar: 26.14g (29.04%), Cholesterol: 0.01mg (0%), Sodium: 16.88mg (0.73%), Alcohol: 0.26g (100%), Alcohol %: 0.42% (100%), Caffeine: 11.57mg (3.86%), Protein: 3.7g (7.4%), Manganese: 0.81mg (40.42%), Selenium: 10.7µg (15.28%), Fiber: 3.58g (14.31%), Copper: 0.29mg (14.28%), Magnesium: 46.07mg (11.52%), Phosphorus: 91.26mg (9.13%), Vitamin B3: 1.63mg (8.16%), Iron: 1.38mg (7.67%), Vitamin B1: 0.09mg (6.28%), Vitamin B6: 0.12mg (6.1%), Zinc: 0.8mg (5.33%), Vitamin B2: 0.09mg (5.29%), Vitamin E: 0.74mg (4.92%), Potassium: 168.04mg (4.8%), Calcium: 45.29mg (4.53%), Vitamin B12: 0.25µg (4.24%), Folate: 15.76µg (3.94%), Vitamin C: 1.69mg (2.05%), Vitamin D: 0.28µg (1.88%), Vitamin A: 93.72IU (1.87%), Vitamin B5: 0.1mg (1.05%)