Mock Starbucks Lemon Cake
(Low carb and no sugar)

Vanesa Stenberg, a member of the Trim Healthy Mama Facebook group, has graciously allowed me to share her <mark>**Mock Starbucks Lemon Cake (S)**</mark> *recipe with you. Thank you so much, Vanesa! <u>NOTE</u>: I haven't actually baked this in the oven, so you may need to add 1 tsp. (single serving) or 1 Tbsp. (our servings) coconut flour to the oven-baked versions if they are overly moist.*

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Single serving in a bowl or mug:

- ½ tsp. baking powder
- 1 Tbsp. coconut flour
- 1 Tbsp. almond flour
- small shake of sea salt
- 1 Tbsp. Truvia, erythritol, or xylitol
- 1 Tbsp. lemon juice
- 5-6 drops of lemon essential oil *(optional)*
- 1 Tbsp. melted coconut oil
- 1 Tbsp. warm water
- ½ tsp. vanilla
- 1 egg

In a microwave-safe mug or bowl (at least 10 oz.), combine all dry ingredients. Add lemon juice, lemon essential oil *(optional),* melted coconut oil, warm water, vanilla, and egg. Stir until well mixed. Bake in microwave for 60 seconds, or bake at 350 degrees F for 15-25 minutes until no longer moist on top. While cake is still hot, spread with Lemon Frosting (see below). For additional flare and flavor, you may sprinkle frosted cake with a small amount of lemon zest.

Single-serve Icing:

- 1 Tbsp. cream cheese, softened
- ½ tsp. coconut oil or butter (I used softened butter for a richer flavor)
- ¼ tsp. lemon juice
- 3-4 drops lemon essential oil *(optional)*
- ¼ tsp. Truvia, erythritol, or xylitol
- ¼ tsp. vanilla

Combine all ingredients and whisk until smooth, or use hand mixer to blend. Adjust sweetener and lemon essential oil to taste. Spread onto hot Lemon Cake.

Four-serving recipe:

- 2 tsp. baking powder
- ¼ cup coconut flour
- ¼ cup almond flour
- ¼ tsp. sea salt
- ¼ cup Truvia, erythritol, or xylitol
- ¼ cup lemon juice
- 5-6 drops of lemon essential oil *(optional)*
- ¼ cup melted coconut oil
- ¼ cup warm water
- 2 tsp. vanilla
- 4 eggs

In a microwave-safe or oven-safe bowl (at least 40 oz.), combine all dry ingredients. Add lemon juice, lemon essential *(optional),* coconut oil, warm water, vanilla, and egg. Stir until well mixed. Microwave for 2-5 minutes, or bake in 8x8" greased pan at 350 degrees F for 20-45 minutes until no longer moist on top. *Check lemon cake several times while baking in oven; bake until top is set and firm.* While cake is still hot, spread with Lemon Frosting. For additional flare and flavor, you may sprinkle frosted cake with 1 tsp. lemon zest.

Four-serving Icing:

- 3 Tbsp. cream cheese, softened
- 2 tsp. coconut oil or butter
- 1 tsp. lemon juice
- 12 drops lemon essential oil
- 1 tsp. Truvia, erythritol, or xylitol
- 1 tsp. vanilla

Combine all ingredients and whisk until smooth, or use hand mixer to blend. Adjust sweetener and lemon essential oil to taste. Spread onto hot Lemon Cake.