Gluten-Free 3 Minute Berry Honey Mug Cake

EASY • 8 MINS

3 minutes in the microwave is all this better-for-you gluten-free mug cake takes to make! Simply choose your favourite berries (or grab whichever ones you have in the fridge) and whip up this sweet delight for breakfast, an afternoon treat, or a late-night snack. Cake for one – yes, please!

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	5 mins	3 mins	1

Ingredients

Base

- 6 blueberries, fresh or frozen
- 4 tbsp apple sauce, unsweetened
- 1 tbsp almond butter
- 1 tbsp lemon juice
- 1 tbsp Capilano Pure Honey or Capilano Floral Manuka Honey (for a rich caramel flavour)
- ¼ tsp baking powder
- 3 tbsp rice flour
- 1 tsp vanilla extract

Topping

- 6 blueberries, fresh or frozen
- Lemon zest
- Capilano Pure Honey or Capilano Floral Manuka Honey

Method

1. Combine all ingredients in a mug and top with additional blueberries. Microwave for 3 minutes.

2. To serve: Cover with lemon zest and add a generous squeeze of Capilano Pure Honey or our rich and caramel Floral Manuka Honey - to make this easy cake extra decadent.

Used in this recipe

PURE HONEY

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.