



### About Gal Sandler:

Gal Sandler, Naturopathic and healthy chef. Specializes in natural health, nutrition and emotional therapy. Creator of online health and weight loss workshops, using a method that combines easy and quick kitchen practice and knowledge to help people bring health into their lives in a fun, accessible and long-term way

### 1-minute chocolate Souffle in a mug

- 40 grams of dark chocolate (60% cocoa)
- Tablespoon coconut oil (can be replaced with olive oil)
- 2 tablespoons of maple
- 2 tablespoons almond flour
- Teaspoon baking powder
- 1 medium egg
- 2 tablespoons chocolate chips (which you like)

### Preparation:

1. In a small bowl, place in dark chocolate and oil and dissolve for a minute in the microwave until everything is melted
2. Add the remaining ingredients, mix well and transfer to a large cup
3. Put in the microwave for 1 minute only and enjoy.

