

# Pumpkin spice 90 second cake

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## Cake

3 tablespoons almond flour  
1 egg  
1/4 teaspoon baking powder  
1 tablespoon sweetener  
1 1/2 tablespoons butter melted  
1/2 teaspoon pumpkin spice

Mix all ingredients in a microwave safe container and microwave 90 seconds.

Invert onto a plate.

Cool slightly, slice and ice

## Icing

1 tablespoon butter  
1 1/2 tablespoons cream cheese

Microwave 30 seconds

Stir and add 2 tablespoons sweetener

Stir again

Add a splash of vanilla if you like (opt)