



Chocolate Chip Muffin in a Mug



Entire recipe: 200 calories, 6g total fat (3g sat fat), 496mg sodium, 29.5g carbs, 2.5g fiber, 10g sugars, 4g protein

Freestyle™ [SmartPoints®](#) value 6*

Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 10 minutes

Tagged: [Breakfast Recipes](#), [Meatless Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

2 tsp. light whipped butter or light buttery spread
3 tbsp. unsweetened applesauce
1 tbsp. (about 1/2 large) egg whites or fat-free liquid egg substitute
1 tbsp. unsweetened vanilla almond milk
1 tsp. vanilla extract
2 1/2 tbsp. all-purpose flour
2 packets no-calorie sweetener (like Truvia)
1/2 tsp. baking powder
1/4 tsp. cinnamon
Dash salt
2 tsp. mini semi-sweet chocolate chips

Directions

Spray a microwave-safe mug with nonstick spray. Add butter, and microwave for 10 seconds, or until melted.

Add applesauce, egg, almond milk, and vanilla extract. Stir until uniform.

Add all remaining ingredients *except* chocolate chips. Whisk with a fork until just combined.

Gently fold in 1 tsp. chocolate chips.

Microwave for 2 minutes, or until set.

Top with remaining 1 tsp. chocolate chips.

Let cool, about 10 minutes.

MAKES 1 SERVING

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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