



S'mores Cake in a Mug



Entire recipe: 202 calories, 4g total fat (2g sat. fat), 243mg sodium, 33.5g carbs, 5.5g fiber, 8.5g sugars, 10.5g protein

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

Cool: 10 minutes

More: [Dessert Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



Ingredients

2 tbsp. whole-wheat flour
2 tbsp. unsweetened cocoa powder
3 packets no-calorie sweetener
1/4 tsp. baking powder
2 tbsp. unsweetened vanilla almond milk
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
2 tbsp. fat-free plain Greek yogurt
1/2 tsp. vanilla extract
2 tbsp. mini marshmallows
2 tbsp. light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip! Light](#))
1/4 sheet (1 cracker) low-fat graham crackers, finely crushed

Directions

Spray a large microwave-safe mug with nonstick spray. Add flour, cocoa powder, sweetener, and baking powder. Mix well.

Add almond milk, egg white/substitute, yogurt, and vanilla extract. Stir until uniform.

Fold in marshmallows.

Microwave for 2 1/2 minutes, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Firmly place a plate over the mug, and flip so that the plate is on the bottom. Gently shake mug to release cake onto the plate.

Let cool slightly, 5 - 10 minutes.

Top with whipped topping and crushed graham crackers.

MAKES 1 SERVING

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