



Apple-Pancake Coffee Cake Mug



Entire recipe: 220 calories, 4.5g total fat (1g sat. fat), 678mg sodium, 50g carbs, 4g fiber, 10g sugars, 7g protein

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Prep: 10 minutes **Cook:** 5 minutes or less



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Ingredients

Cake

3 tbsp. all-purpose flour
2 tbsp. old-fashioned oats
2 tsp. natural no-calorie brown sugar substitute that measures like sugar
1/4 tsp. baking powder
1/4 tsp. cinnamon
1/8 tsp. nutmeg
1 dash salt
2 tbsp. unsweetened applesauce
1 1/2 tbsp. (about 1 large) egg white or liquid egg substitute
1/2 tsp. vanilla extract
1/3 cup peeled and finely chopped apple (Granny Smith or Fuji)

Topping

1 tsp. natural no-calorie brown sugar substitute that measures like sugar
1/8 tsp. cinnamon
1/8 tsp. salt
2 tsp. light butter
1 tsp. sugar-free pancake syrup

Directions

To make the cake, spray a wide-bottomed microwave-safe mug with nonstick spray. Add flour, oats, sweetener, baking powder, cinnamon, nutmeg, and salt. Mix well. Add applesauce, egg white/substitute, and vanilla extract. Stir until uniform. Fold in the apple, and smooth out the surface of the batter.

To make the topping, in a small bowl, mix sweetener, cinnamon, and salt. Sprinkle over cake batter.

In a small microwave-safe bowl, microwave butter for 10 seconds, or until melted. Drizzle melted butter over cake batter.

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

Top with syrup.

MAKES 1 SERVING

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