



Bam Bam's Bow Wow Birthday Cake



Lisa created this mug cake to help celebrate her pup Bam Bam's first birthday. It's yummy and healthy enough for both people and pooches to partake in... Perfection!

[Click to see how it's made](#) !

1/4th of cake: 98 calories, 4g total fat (0.5g sat. fat), 106mg sodium, 12.5g carbs, 1g fiber, 4.5g sugars, 3.5g protein



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

Cool: 15 minutes

Ingredients

- 1/4 cup all-purpose flour
- 1/2 tsp. baking powder
- 3 tbsp. unsweetened applesauce
- 3 tbsp. grated carrots
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 2 tbsp. creamy peanut butter
- 2 tsp. honey

Directions

Spray a wide-bottomed mug with nonstick spray. Add flour and baking powder, and mix well.

Add remaining ingredients, and stir until uniform. Microwave for 2 minutes, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Gently shake mug to release, and transfer cake to a plate. Let cool completely, about 15 minutes.

MAKES 4 SERVINGS

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