



Berries & Cream Shortcake in a Mug



Entire recipe: 207 calories, 6.5g total fat (2.5g sat. fat), 211mg sodium, 34g carbs, 3.5g fiber, 8.5g sugars, 3.5g protein

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

Cool: 10 minutes



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Ingredients

3 tbsp. all-purpose flour
2 packets natural no-calorie sweetener
1/4 tsp. baking powder
3 tbsp. unsweetened vanilla almond milk
2 tsp. light butter
1/2 tsp. vanilla extract
1/2 cup berries, or more for topping
3 tbsp. light whipped topping (thawed from frozen)

Directions

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

Add all remaining ingredients except berries and whipped topping. Using a fork, whisk until uniform.

Microwave for 1 1/2 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 slightly, about 10 minutes.

Slice cake in half horizontally. Top the bottom slice with 1/4 cup berries and 1 tbsp. whipped topping. Repeat with remaining cake slice, 1/4 cup berries, and 2 tbsp. whipped topping.

MAKES 1 SERVING

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