



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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

Cool: 10 minutes



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

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

[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.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.