



## Big Debbie Oatmeal Creme Pie in a Mug



Entire recipe: 185 calories, 6g total fat (3g sat fat), 359mg sodium, 37.5g carbs, 3g fiber, 4.5g sugars, 6.5g protein

**Green Plan [SmartPoints](#)® value 5\***

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

**Purple Plan [SmartPoints](#)® value 4\***

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

**Cool:** 15 minutes



### Ingredients

2 tbsp. whole-wheat flour (or whatever flour you have on hand)  
2 tbsp. old-fashioned oats  
1 tbsp. [Swerve brown sugar substitute](#) (or another 0-calorie brown sugar swap that measures 1:1 like sugar)  
1/2 tsp. baking powder  
1/4 tsp. cinnamon  
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute  
2 tsp. light butter in a tub  
1/2 tsp. vanilla extract  
3 tbsp. light whipped topping (thawed from frozen)

### Directions

Spray a wide-bottomed microwave-safe mug with nonstick spray. Add flour, oats, brown sugar substitute, baking powder, and cinnamon. Mix well.

Add egg white/substitute, butter, and vanilla extract. Stir until uniform. (Whisk with a fork, if needed.) 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 completely, about 15 minutes.

Slice cake in half horizontally. Top the bottom slice with whipped topping, followed by the remaining cake slice.

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.