



## 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

**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

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