



Black Forest Mug Cake



Entire recipe: 238 calories, 4.5g total fat (1.5g sat. fat), 364mg sodium, 40.5g carbs, 7.5g fiber, 15g sugars, 11g protein

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Prep: 5 minutes **Cook:** 5 minutes

Cool: 10 minutes



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Ingredients

2 tbsp. whole wheat flour
3 1/2 packets natural no-calorie sweetener, divided
2 tbsp. unsweetened cocoa powder
1/4 tsp. baking powder
2 tbsp. unsweetened vanilla almond milk
2 tbsp. (about 1 large) egg whites or liquid egg substitute
2 tbsp. plain fat-free Greek yogurt
1/2 tsp. vanilla extract
1 1/2 tsp. mini semi-sweet chocolate chips
1/2 cup thawed-from-frozen pitted dark sweet cherries (not drained)
1 tsp. cornstarch
1 dash salt
Optional topping: powdered sugar

Directions

Spray a large microwave-safe mug with nonstick spray. Add flour, 3 sweetener packets, cocoa powder, and baking powder. Mix well.

Add almond milk, egg whites, yogurt, and vanilla extract. Whisk with a fork until just combined. Fold in chocolate chips. Microwave for 2 1/2 minutes, or until set.

If desired, immediately run a knife around the edges of the cake. Gently shake to release, and plate cake right side up. Or serve cake in the mug.

Let cool 5–10 minutes.

While the cake cools, place thawed cherries in another large microwave-safe mug. Add cornstarch, salt, and remaining 1/2 packet sweetener. Mix well.

Microwave for 1 1/2 minutes, or until thickened. Spoon over cake.

MAKES 1 SERVING

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