



Carrot Cake in a Mug



Entire recipe: 205 calories, 1.5g total fat (0.5g sat. fat), 319mg sodium, 53g carbs, 3.5g fiber, 12g sugars, 6g protein

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

Cool: 15 minutes



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Ingredients

3 tbsp. all-purpose (or whole-wheat) flour
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. cinnamon, or more for topping
1/4 tsp. baking powder
1/8 tsp. nutmeg
Dash salt
2 tbsp. grated carrots (about 2 baby carrots)
1 tbsp. unsweetened applesauce
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
1 tbsp. canned crushed pineapple packed in juice (not drained)
1 tbsp. raisins, chopped
1/2 tsp. vanilla extract
2 tbsp. whipped topping in a can

Directions

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

Add all remaining ingredients *except* whipped topping. Stir until uniform. Microwave for 1 minute and 45 seconds, 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.

Top with whipped topping.

MAKES 1 SERVING

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