



Chocolate Chip Muffin in a Mug



Entire recipe: 200 calories, 6g total fat (3g sat fat), 496mg sodium, 29.5g carbs, 2.5g fiber, 10g sugars, 4g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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

Cool: 10 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

2 tsp. light whipped butter or light buttery spread
3 tbsp. unsweetened applesauce
1 tbsp. (about 1/2 large) egg whites or fat-free liquid egg substitute
1 tbsp. unsweetened vanilla almond milk
1 tsp. vanilla extract
2 1/2 tbsp. all-purpose flour
2 packets no-calorie sweetener (like Truvia)
1/2 tsp. baking powder
1/4 tsp. cinnamon
Dash salt
2 tsp. mini semi-sweet chocolate chips

Directions

Spray a microwave-safe mug with nonstick spray. Add butter, and microwave for 10 seconds, or until melted.

Add applesauce, egg, almond milk, and vanilla extract. Stir until uniform.

Add all remaining ingredients *except* chocolate chips. Whisk with a fork until just combined.

Gently fold in 1 tsp. chocolate chips.

Microwave for 2 minutes, or until set.

Top with remaining 1 tsp. chocolate chips.

Let cool, about 10 minutes.

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.