



## 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

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

**Cool:** 10 minutes



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### 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**

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