



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



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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.