



Chocolate Strawberry Shortcake in a Mug



Developed by Hungry Girl... Brought to you by [B&G Foods](#) !

Entire recipe: 215 calories, 4.5g total fat (2.5g sat. fat), 297mg sodium, 36.5g carbs, 6.5g fiber, 11.5g sugars, 10.5g protein

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

Cool: 10 minutes



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Ingredients

2 tbsp. whole-wheat flour
2 tbsp. unsweetened dark cocoa powder
3 packets no-calorie sweetener
1/4 tsp. [Clabber Girl Double Acting Baking Powder](#)
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute
2 tbsp. fat-free plain Greek yogurt
1/2 tsp. [Spice Islands Pure Vanilla Extract](#)
1/4 cup light whipped topping (thawed from frozen)
2 dashes [Spice Islands Ground Saigon Cinnamon](#)
1/2 cup sliced strawberries
1 tsp. light chocolate syrup

Directions

Spray a wide-bottomed microwave-safe mug with nonstick spray. (We like the kind by [Baker's Joy!](#)) Add flour, cocoa powder, sweetener, and baking powder. Stir until uniform.

Add egg whites/substitute, yogurt, vanilla extract, and 2 tbsp. water. Mix thoroughly. Microwave for 2 minutes, 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 slightly, about 10 minutes.

Slice cake in half horizontally. Top the bottom slice with 2 tbsp. whipped topping, a dash of cinnamon, and 1/4 cup strawberries. Repeat with remaining cake slice, 2 tbsp. whipped topping, dash cinnamon, and 1/4 cup strawberries.

Drizzle with chocolate syrup.

MAKES 1 SERVING

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