



Chunky Monkey Cake Mug



Entire recipe: 192 calories, 4.5g total fat (1.5g sat. fat), 351mg sodium, 34.5g carbs, 2g fiber, 19g sugars, 4.5g protein

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Total: 5 minutes



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Ingredients

3 tbsp. devil's food cake mix
1 tbsp. (about 1/2 large) egg white or liquid egg substitute
1 tbsp. light sour cream
1/8 tsp. baking powder
1/4 cup chopped or mashed banana, divided
1 tsp. chopped walnuts
Optional: light whipped topping

Directions

Spray a microwave-safe mug with nonstick spray. Add cake mix, egg white/substitute, sour cream, and baking powder. Add 2 tbsp. water. Mix until uniform.

Stir in 2 tbsp. banana. Microwave for 1 minute and 45 seconds, or until set.

Top with remaining 2 tbsp. banana and walnuts.

MAKES 1 SERVING

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