



## Cinnamon Roll Cake in a Mug



Entire recipe: 190 calories, 8.5g total fat (3g sat fat), 455mg sodium, 24.5g carbs, 1.5g fiber, 8.5g sugars, 3g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

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



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

### Ingredients

#### Cake

2 tbsp. all-purpose flour  
2 packets no-calorie sweetener (like Truvia)  
1/2 tsp. cinnamon  
1/4 tsp. baking powder  
Dash salt  
2 tbsp. unsweetened vanilla almond milk  
2 tsp. light whipped butter or light buttery spread  
1/4 tsp. vanilla extract

#### Icing

1 tbsp. light/reduced-fat cream cheese  
1 tbsp. powdered sugar  
1 tsp. light whipped butter or light buttery spread  
1/4 tsp. cinnamon  
2 drops vanilla extract

### Directions

Spray a microwave-safe mug with nonstick spray. Add flour, sweetener, cinnamon, baking powder, and salt. Mix well.

Add remaining cake ingredients. Whisk with a fork until uniform.

Microwave for 1 1/2 minutes, or until set. Meanwhile, in a small bowl, mix icing ingredients until mostly smooth and uniform.

Once cooked, immediately run a knife along the edges to help separate the cake. Firmly place a plate over the mug, and flip so that the plate is on the bottom. Gently shake mug to release cake onto the plate.

Top with icing.

MAKES 1 SERVING

**HG Tip:** For perfectly swirled icing, use a DIY piping bag. Transfer icing to a plastic bag, and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping.

**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.