



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

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

More: [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.

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