



Coffee Cake in a Mug



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Entire recipe: 177 calories, 4.5g total fat (1g sat. fat), 518mg sodium, 44g carbs, 2.5g fiber, 2g sugars, 5.5g protein

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



Ingredients

Cake

3 tbsp. all-purpose flour
2 tbsp. old-fashioned oats
2 tsp. [Swerve brown sugar substitute](#) (or another 0-calorie brown sugar swap that measures 1:1 like sugar)
1/4 tsp. baking powder
1/4 tsp. cinnamon
Dash salt
1 tbsp. unsweetened applesauce
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
1/2 tsp. vanilla extract

Topping

2 tsp. [Swerve brown sugar substitute](#) (or another 0-calorie brown sugar swap that measures 1:1 like sugar)
1/4 tsp. cinnamon
Dash salt
2 tsp. light butter in a tub

Directions

To make the cake, spray a wide-bottomed microwave-safe mug with nonstick spray. Add flour, oats, brown sugar substitute, baking powder, cinnamon, and salt. Mix well. Add applesauce, egg white/substitute, and vanilla extract. Stir until uniform, and smooth out the batter.

In a small bowl, mix all topping ingredients *except* butter. Sprinkle over the cake batter.

In a small microwave-safe bowl, microwave butter for 10 seconds, or until melted. Drizzle it into the mug. Microwave for 1 1/2 minutes, or until cake is set.

MAKES 1 SERVING

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