



Dubai Chocolate Cake in a Mug



Entire recipe: 282 calories, 9.5g total fat (4.5g sat. fat), 445mg sodium, 43g carbs, 2g fiber, 24g sugars, 6.5g protein

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

Cool: 10 minutes



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Ingredients

1/4 cup devil's food cake mix
2 tbsp. fat-free vanilla yogurt
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
1 1/2 tbsp. whipped cream cheese
1/2 tbsp. [pistachio cream](#)
2 1/2 tsp. crushed [shredded wheat cereal](#) (about 3 mini biscuits)
1/2 tsp. mini (or chopped) [semi-sweet chocolate chips](#)

Directions

Spray a [small microwave-safe mug](#) with nonstick spray. Add cake mix, yogurt, and egg white/substitute. Mix until uniform.

Microwave for 1 minute, or until set.

Let cool, about 10 minutes.

In a small bowl, mix cream cheese with pistachio cream until uniform. Stir in crushed cereal. Spread over cake. Top with chocolate chips.

MAKES 1 SERVING

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