



Peach Pie in a Mug



Entire recipe: 122 calories, 0g total fat (0g sat. fat), 20mg sodium, 30g carbs, 4g fiber, 19g sugars, 2g protein

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Total: 5 minutes



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Ingredients

1 1/2 cups frozen sliced peaches, thawed and drained
1 tsp. cornstarch
1/8 tsp. cinnamon
1/2 packet natural no-calorie sweetener
1 graham cracker (1/4 sheet), finely crushed
Optional topping: light whipped topping

Directions

Spray a microwave-safe mug with nonstick spray. Add all ingredients except crushed graham cracker.

Mix well. Cover and microwave for 2 minutes, or until hot and softened. Mix well.

Top with crushed graham cracker.

MAKES 1 SERVING

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