



Peanut Butter Oatcake in a Mug



Entire recipe: 168 calories, 3.5g total fat (0.5g sat. fat), 459mg sodium, 25g carbs, 4.5g fiber, 1.5g sugars, 11.5g protein

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



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Ingredients

1/4 cup old-fashioned oats
2 tbsp. powdered peanut butter ([get it on Amazon](#))
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
1 tbsp. flour (whole wheat, if you've got it)
1/2 tsp. baking powder
1 packet no-calorie sweetener
Dash cinnamon
Dash salt

Directions

Combine all ingredients in a microwave-safe mug sprayed with nonstick spray. Add 1/4 cup water, and mix well. Microwave for 2 minutes, or until set.

MAKES 1 SERVING

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