



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Breakfast Recipes](#), [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.