



Pumpkin Cake for Breakfast



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Entire recipe: 204 calories, 3g total fat (1g sat. fat), 243mg sodium, 41.5g carbs, 3g fiber, 16.5g sugars, 3.5g protein

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Total: 5 minutes



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Ingredients

1/4 cup spice cake mix
3 tbsp. old-fashioned oats
2 tbsp. canned pure pumpkin
1/2 tsp. pumpkin pie spice

Directions

Spray a wide-bottomed microwave-safe mug with nonstick spray. Add all ingredients and 3 tbsp. water. Stir until uniform.

Microwave for 1 1/2 minutes, or until cake is set.

MAKES 1 SERVING

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