



S'mores Cake in a Mug



Entire recipe: 202 calories, 4g total fat (2g sat fat), 243mg sodium, 33.5g carbs, 5.5g fiber, 8.5g sugars, 10.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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

Cool: 10 minutes



Tagged: [Dessert Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

2 tbsp. whole-wheat flour
2 tbsp. unsweetened cocoa powder
3 packets no-calorie sweetener
1/4 tsp. baking powder
2 tbsp. unsweetened vanilla almond milk
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
2 tbsp. fat-free plain Greek yogurt
1/2 tsp. vanilla extract
2 tbsp. mini marshmallows
2 tbsp. light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip! Light](#))
1/4 sheet (1 cracker) low-fat graham crackers, finely crushed

Directions

Spray a large microwave-safe mug with nonstick spray. Add flour, cocoa powder, sweetener, and baking powder. Mix well.

Add almond milk, egg white/substitute, yogurt, and vanilla extract. Stir until uniform.

Fold in marshmallows.

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

Immediately run a knife along the edges to help separate the cake from the mug. Firmly place a plate over the mug, and flip so that the plate is on the bottom. Gently shake mug to release cake onto the plate.

Let cool slightly, 5 - 10 minutes.

Top with whipped topping and crushed graham crackers.

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.