



Snickers Cake Mug



Entire recipe: 194 calories, 5g total fat (2g sat fat), 408mg sodium, 33.5g carbs, 1g fiber, 19.5g sugars, 4.5g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 8*

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

Cool: 15 minutes



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

Ingredients

- 3 tbsp. moist-style devil's food cake mix
- 1 tbsp. fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 1 tbsp. fat-free sour cream
- 1/8 tsp. baking powder
- 1 tsp. fat-free, low-fat, or light caramel dip (like [the kinds by Marzetti](#))
- 1 tsp. chopped peanuts
- 1 tsp. mini semi-sweet chocolate chips

Directions

In a microwave-safe mug sprayed with nonstick spray, combine cake mix, egg substitute, sour cream, and baking powder. Add 2 tbsp. water, and mix until uniform.

Microwave for 1 minute and 45 seconds, 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 completely, about 15 minutes.

Drizzle cake with caramel, and sprinkle with peanuts and chocolate chips!

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.