



Strawberry Shortcake in a Mug



[Click here for a video demo](#) !

Entire recipe: 159 calories, 5.5g total fat (2.5g sat fat), 205mg sodium, 25g carbs, 2g fiber, 6.5g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 4*

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

Purple Plan [SmartPoints](#)® value 4*

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

Cool: 10 minutes

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

Ingredients

2 tbsp. all-purpose flour
2 no-calorie sweetener packets (like Truvia)
1/4 tsp. baking powder
2 tbsp. unsweetened vanilla almond milk
2 tsp. light whipped butter or light buttery spread
1/2 tsp. vanilla extract
2 tbsp. light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip! Light](#))
1/2 cup sliced strawberries

Directions

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

Add all remaining ingredients *except* whipped topping and strawberries. Using a fork, whisk until uniform.

Microwave for 1 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, about 10 minutes.

Top with whipped topping and strawberries.

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.