



Very Vanilla Mug Cake



Entire recipe: 170 calories, 2g total fat (0.5g sat. fat), 304mg sodium, 35.5g carbs, <0.5g fiber, 20g sugars, 2g protein

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Prep: 5 minutes **Cook:** 5 minutes

Cool: 10 minutes



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Ingredients

1/4 cup yellow cake mix
2 tbsp. fat-free vanilla yogurt
Optional topping: sprinkles

Directions

In a microwave-safe mug sprayed with nonstick spray, combine cake mix with yogurt. Add 2 tbsp. water, and mix until uniform.

Microwave for 2 minutes, or until set. Let cool and set for 5–10 minutes.

MAKES 1 SERVING

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