



## White Chocolate Macadamia Peanut Butter Cake in a Mug



Developed by Hungry Girl. Brought to you by [PB2 Foods](#).

Entire recipe: 215 calories, 7.5g total fat (2g sat. fat), 366mg sodium, 18.5g carbs, 2.5g fiber, 11g sugars, 16g protein

[Click for WW Points® value\\*](#)

**Total:** 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [30 Minutes or Less](#), [Single Serving](#), [Gluten-Free](#)

### Ingredients

1/4 cup [PB2 The Original Powdered Peanut Butter](#)  
1/4 tsp. baking powder  
2 tbsp. fat-free vanilla yogurt  
1 1/2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute  
1 1/2 tsp. white chocolate chips  
1 1/2 tsp. chopped macadamia nuts

### Directions

Spray a microwave-safe mug with nonstick spray. Add powdered peanut butter and baking powder. Mix well.

Add yogurt and egg white/substitute. Mix until uniform.

Top with chocolate chips and nuts.

Microwave for 1 minute, or until set.

**MAKES 1 SERVING**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.