



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

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Total: 5 minutes



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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

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