



Whoopie Pie in a Mug



Entire recipe: 218 calories, 6.5g total fat (4g sat fat), 308mg sodium, 33g carbs, 5.5g fiber, 10.5g sugars, 10.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

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

Cool: 15 minutes



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

Ingredients

- 2 tbsp. whole-wheat flour
- 2 tbsp. unsweetened dark cocoa powder
- 3 packets no-calorie sweetener
- 1/4 tsp. baking powder
- 2 tbsp. unsweetened vanilla almond milk
- 2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute
- 2 tbsp. fat-free plain Greek yogurt
- 1/2 tsp. vanilla extract
- 2 tsp. mini semi-sweet chocolate chips
- 3 tbsp. light whipped topping in a tub (thawed from frozen)

Directions

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

Add milk, egg whites/substitute, yogurt, and vanilla extract. Stir until uniform.

Fold in chocolate chips. Microwave for 2 1/2 minutes, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Gently shake mug to release, and transfer cake to a plate. Let cool completely, about 15 minutes.

Slice cake in half horizontally. Top the bottom slice with whipped topping, followed by the remaining cake slice.

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.