



Whoopie Pie in a Mug



WHOOPIE PIE IN A MUG

- ✓ Single Serving
- ✓ Simple Ingredients
- ✓ So Delicious!

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

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

Cool: 15 minutes



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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

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