



Yum Yum Chocolate Cake Mug



[Click to see how it's made](#) !

Entire recipe: 166 calories, 3g total fat (1g sat fat), 332mg sodium, 34g carbs, 2.5g fiber, 18.5g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 7*

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

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

Total: 5 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/4 cup devil's food cake or chocolate cake mix
2 tbsp. canned pure pumpkin
Optional topping: powdered sugar

Directions

Spray a microwave-safe mug with nonstick spray. Add ingredients and 1 tablespoon water. Thoroughly mix. (Batter will be THICK.)

Microwave for 1 minute, or until set.

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.