



Snickers Cake Mug



Entire recipe: 194 calories, 5g total fat (2g sat. fat), 408mg sodium, 33.5g carbs, 1g fiber, 19.5g sugars, 4.5g protein

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

Cool: 15 minutes



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Ingredients

- 3 tbsp. moist-style devil's food cake mix
- 1 tbsp. fat-free liquid egg substitute (like [Egg Beaters Original](#))
- 1 tbsp. fat-free sour cream
- 1/8 tsp. baking powder
- 1 tsp. fat-free, low-fat, or light caramel dip (like [the kinds by Marzetti](#))
- 1 tsp. chopped peanuts
- 1 tsp. mini semi-sweet chocolate chips

Directions

In a microwave-safe mug sprayed with nonstick spray, combine cake mix, egg substitute, sour cream, and baking powder. Add 2 tbsp. water, and mix until uniform.

Microwave for 1 minute and 45 seconds, or until set.

Immediately run a knife along the edges to help separate the cake from the mug. Firmly place a plate over the mug, and flip so that the plate is on the bottom. Gently shake mug to release cake onto the plate.

Let cool completely, about 15 minutes.

Drizzle cake with caramel, and sprinkle with peanuts and chocolate chips!

MAKES 1 SERVING

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