



Chocolate Cake in a Mug

Makes 1 Serving; 1 mug cake per serving

Nutrients Per Serving:

430 Calories | 9 g Fat (6 g Saturated) | 86 g Carbohydrates | 11 g Added Sugar | 5 g Protein | 750 mg Sodium | 2 g Fiber

Equipment Needed

 <p>Microwave</p>	 <p>Microwave safe mug</p>	 <p>Measuring spoons</p>	 <p>Table fork</p>
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Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>6 Tablespoons cake mix *One box of cake mix makes 6 mug cakes</p>	 <p>2 Tablespoons unsweetened applesauce</p>	 <p>1 Tablespoon water</p>	 <p>2 Tablespoons chocolate chips</p>
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Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>In a microwave safe mug add: 6 Tbsp cake mix, 2 Tbsp applesauce, and 1 Tbsp water, Mix with a fork until the batter is smooth.</p>	<p>3</p>  <p>Stir in 1 Tbsp chocolate chips, then sprinkle remaining chocolate chips on the top of the batter.</p>	<p>4</p>  <p>Microwave on high for 1 minute. Allow mug cake to cool before eating.</p>
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