

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







Microwave safe mug



Measuring spoons



Table fork

Ingredients Needed

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



6 Tablespoons cake mix *One box of cake mix makes 6 mug cakes



2 Tablespoons unsweetened applesauce



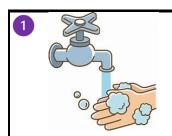
1 Tablespoon water



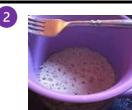
2 Tablespoons chocolate chips

Directions

(Tbsp = tablespoon, tsp = teaspoon)



Wash hands.



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.



Stir in 1 Tbsp chocolate chips, then sprinkle remaining chocolate chips on the top of the batter.





Microwave on high for 1 minute. Allow mug cake to cool before eating.