



## Chocolate Cake Mugs for Two



1/2 of recipe (1 mug): 199 calories, 4.5g total fat (2.5g sat. fat), 366mg sodium, 36g carbs, 1g fiber, 24.5g sugars, 4g protein

**Prep:** 5 minutes    **Cook:** 5 minutes

**Cool:** 15 minutes



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### Ingredients

6 tbsp. moist-style devil's food cake mix  
2 tbsp. egg whites (about 1 large egg's worth) or fat-free liquid egg substitute  
2 tbsp. light sour cream  
1/4 tsp. baking powder  
2 tsp. semi-sweet mini chocolate chips  
2 tbsp. powdered sugar (not packed)  
1 tsp. light vanilla soymilk, unsweetened vanilla almond milk, or fat-free milk

### Directions

Spray two microwave-safe mugs with nonstick spray. Evenly divide the following ingredients between them: cake mix, egg whites/substitute, sour cream, and baking powder. Add 2 tbsp. water to each mug, and mix until uniform. Stir 1/2 tsp. chocolate chips into each mug.

Microwave one mug for 1 minute and 45 seconds, or until set. Repeat with the second mug.

While the second mug cooks, immediately run a knife along the edges to help separate the first cake from its 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. Once cooked, repeat with the second mug.

Let cool completely, about 15 minutes.

In a small bowl, combine powdered sugar with milk, and stir until smooth. Drizzle over cooled cakes, and top each with 1/2 tsp. of the remaining chocolate chips. Serve with two forks!

#### MAKES 2 SERVINGS

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