



## Peanut Butter Cake in a Mug



Developed by Hungry Girl. Brought to you by [PB2](#).

[Click to see](#) Lisa make it on YouTube. ( [Click here](#) to watch on Facebook!)

Entire recipe: 127 calories, 4.5g total fat (0.5g sat. fat), 386mg sodium, 9g carbs, 3.5g fiber, 2g sugars, 15g protein

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

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### Ingredients

1/4 cup powdered peanut butter (like [PB2](#))  
1 packet natural no-calorie sweetener  
1/2 tsp. baking powder  
2 tbsp. (about 1 large) egg white or fat-free liquid egg substitute  
2 tbsp. unsweetened vanilla almond milk  
1/4 tsp. vanilla extract  
Optional toppings: powdered sugar, mini semi-sweet chocolate chips, white chocolate chips

### Directions

Spray a microwave-safe mug with nonstick spray. Add powdered peanut butter and baking powder. Mix well.

Add all remaining ingredients. Microwave for 1 minute, or until mostly set.

If you like, immediately run a knife along the edges to help separate the 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.

**MAKES 1 SERVING**

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