



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

[Click for WW Points® value*](#)

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

Cool: 15 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.