



Yum Yum Chocolate Cake Mug



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Entire recipe: 166 calories, 3g total fat (1g sat. fat), 332mg sodium, 34g carbs, 2.5g fiber, 18.5g sugars, 2.5g protein

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Total: 5 minutes



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Ingredients

1/4 cup devil's food cake or chocolate cake mix
2 tbsp. canned pure pumpkin
Optional topping: powdered sugar

Directions

Spray a microwave-safe mug with nonstick spray. Add ingredients and 1 tablespoon water. Thoroughly mix. (Batter will be THICK.)

Microwave for 1 minute, or until set.

MAKES 1 SERVING

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