

3...2...1 Cake in a Mug!

Ingredients:

1 box angel food cake mix
1 box cake mix (any flavor)
2 Tbsp water per serving
Toppings of your choice to be mixed in



Preparation:

Mix entire box of angel food cake mix and entire box of cake mix (store in zip top bag or air tight canister)

To make cake in a mug:

- ☉ Mix 3 Tbsp cake mix with 2 Tbsp water
- ☉ Place in mug, microwave for 1 minute
- ☉ Let rest, serve with toppings of your choice

Suggestions:

- ☉ Lemon cake with blueberries
- ☉ Red velvet cake with cream cheese frosting
- ☉ Strawberry cake with mini chocolate chips
- ☉ Chocolate cake with mint chocolate chips

Nutritional Information:

Without Toppings

Calories: 158 | Fat: 1g | Protein: 2g | Carbs: 35 | Sodium: 357



Laura is a registered, licensed Chartwells dietitian. She has been with Chartwells since 2011, and is a graduate of Southeast Missouri State University in Cape Girardeau, Missouri.

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