

Chocolate Chip Mug Cake

Ingredients

- 4 Tbsp all purpose flour
- 2 Tbsp brown sugar (lightly packed)
- 1/4 tsp baking powder
- 3 Tbsp low fat milk
- 1/8 tsp vanilla extract
- 1/3 Tbsp vegetable oil
- 1.5 Tbsp semisweet chocolate chips

Preparation

1. Combine all ingredients except chocolate chips in a microwave safe mug. Mix until smooth and no lumps remain.
2. Stir in half the chocolate chips. Sprinkle the remaining 1/2 Tbsp chocolate chips over the surface. Cook for 1 minute in the microwave and let cool for a couple of minutes before enjoying!

Yield: 1 serving

per serving: 350 Calories | 9g Fat | 67g Carbohydrates | 5g Protein | 240mg Calcium

