

Mississippi Mug Pie(Cake) (Jill Reynolds)

Description

About 255 calories

5 grams of fat

Ingredients

- 3 tbsps devil's food cake mix- dry (can also use sugar free cake mix)
- 1 tbsp regular eggs- beaters
- 1 packet diet cocoa mix
- 2 tbsps water

Instructions

Add all of the above ingredients to the mug and mix well

1-60 calorie Sugar Free Chocolate Jell-O Pudding Snack

1 teaspoon of mini chocolate chips

Take 1/3 of the pudding snack and add it to the mixture in the mug. Stir well and add chocolate chips.

Microwave for 1 minute. Remove from microwave and flake it with a fork. Now add the rest of the pudding snack to the mug and mix lightly. Return to microwave for an additional minute. Allow it to cool slightly and top with Fat Free Reddi Wip.

Summary

Yield: 1

Prep Time: 5 minutes

Category: Cakes