

Peanut Butter Mug Cake

INGREDIENTS

- 4 tbsp all-purpose flour
- 1/4 tsp baking powder
- 4 tsp granulated sugar
- 4 tbsp fat-free milk (can use non-fat dry milk & water instead)
- 3 tbsp peanut butter

INSTRUCTIONS

1. Combine all ingredients in an oversized microwave-safe mug. Mix with a small whisk until batter is smooth. Batter will be quite thick. You may want to smooth out surface with a spatula or the back of the spoon before cooking. It won't affect taste but it will come out looking prettier.
2. Cook in microwave for approximately 1 minute. If cake is not done, heat an additional 15 seconds. Let cake cool a few minutes before eating. Cake is best consumed while still warm or within a few hours of it being cooked.

NUTRITION

serving: 1mug cake, calories: 488kcal, carbohydrates: 55g, protein: 16g, fat: 25g, saturated fat: 5g, polyunsaturated fat: 6.1g, monounsaturated fat: 12.5g, cholesterol: 1.2mg, sodium: 232.1mg, fiber: 3.3g, sugar: 25g, calcium: 160mg, iron: 2.3mg, net carbs: 52g

KIRBIE's CRAVINGS: <https://kirbiecravings.com/peanut-butter-mug-cake-eggless>
source of recipe