

Chocolate Walnut Mug Cake

Serving Size: 1 Mug Cake

Ingredients:

- 2 Tbsp unsweetened cocoa powder
- Nonstick cooking spray
- 1 ½ tsp canola oil
- ¼ tsp vanilla extract
- 2 Tbsp white whole-wheat flour
- ¼ tsp baking powder
- 1 ½ Tbsp Swerve® Confectioner Sugar Substitute or Truvia®
- 2 Tbsp skim milk
- ¾ Tbsp walnuts, chopped

Directions:

1. Spray a coffee mug with cooking spray.
2. Add the flour, cocoa powder, salt, stevia, canola oil, milk and vanilla and stir to combine
3. Microwave for 45 seconds.
4. Top with the walnuts and serve.

Nutrition Facts:

- Calories: 200
- Total Fat: 12 g
- Saturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 250 mg
- Total Carbohydrate: 22 g
- Dietary Fiber: 5 g
- Total Sugars: 2 g
- Protein: 6 g
- Potassium: 290 mg