



Strawberries & Cream Cake in a Mug



Entire recipe: 199 calories, 11.5g total fat (1.5g sat. fat), 284mg sodium, 34g carbs, 5g fiber, 8.5g sugars, 7g protein

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Prep: 5 minutes **Cook:** 5 minutes

Cool: 10 minutes

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Ingredients

- 6 tbsp. [Swerve Sweets Vanilla Cake Mix](#)
- 2 tbsp. fat-free strawberry yogurt
- 1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
- 2 tbsp. chopped freeze-dried strawberries, divided
- 2 tbsp. light whipped topping (thawed from frozen)

Directions

In a microwave-safe mug sprayed with nonstick spray, combine cake mix with yogurt and egg. Mix until uniform.

Fold in 1 tbsp. strawberries. Microwave for 1 minute and 30 seconds, or until set.

Let cool slightly, about 10 minutes.

Top with whipped topping and remaining 1 tbsp. strawberries.

MAKES 1 SERVING

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