

Chocolate Mug Cake

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This recipe was originally 1 point, but the flour that was in the original recipe scanned wrong. It is 2 FSP!!!!

Serves 1, 2 FSP

- 2 Tbsp self rising flour
- 1 Tbsp granulated sweetener (I use Swerve, you can use Splenda, Truvia or sweetener of your choice)
- 2 tsp unsweetened cocoa powder
- 1/4 tsp baking powder
- pinch salt
- 1 tsp unsweetened apple sauce
- 2 Tbsp unsweetened almond milk
- 1/8 tsp vanilla
- 10 pieces mini chocolate morsels or Lily's chocolate chips (optional)

1. In a bowl, mix dry ingredients.
2. Add wet ingredients, mix well. Stir in chocolate chips if using.
3. Spray a 1/2 cup capacity ramekin or mug with non stick spray.
4. Pour mixture into prepared ramekin or mug.
5. Microwave on high for 50 seconds (this was tested on a

1000 watt microwave, adjust time as needed).

6. Let cool. Top with FF redi whip.