

Ginger Mug Cake

Warm. Ginger. Fluffy. Cake. Easy & Quick. Those are words that anyone would love to hear!! Here is the perfect combo of warm, moist, and quick cake packed with 12 grams of protein and 6 grams fiber! My suggestion for food prep is to pre-measure the dry ingredients in to baggies. Then, when you are ready to indulge, grab one of your baggies and simply add the wet ingredients. Super easy. Enjoy!

Ingredients:

Cake

½ cup	Oats of choice (for a finer cake, I grind the oats to a flour)
1 tsp	Cinnamon
1 tsp	Baking powder
1 tsp	Ginger
1 tbsp	Stevia (can use Splenda)
1 tbsp	Splenda brown sugar (could use regular brown sugar)
1 tsp	Vanilla extract
½ cup	Milk of choice (I used unsweetened almond)
1 large	Egg

Optional Icing

¼ cup	Powdered sugar
2 tbsp	Milk of choice

Directions:

1. Combine all dry ingredients in a microwave- and oven- safe mug and mix well.
2. Pour in the wet ingredients. Stir until smooth.
3. Microwave for 60-120 seconds or bake at 375 F for 20 minutes, until cake is cooked through.
4. If using icing, mix powdered sugar and milk until no clumps remain. Drizzle on cooked cake and enjoy!

Nutrition Facts:

Servings: 1
Serving size: 1 mug without icing

Ginger Mug Cake		
Nutrition Facts		
Serving Size: 1 Mug Cake		
Amount Per Serving		% Daily Value*
Calories	314.5 kcal	16 %
Total Fat	8.9 g	14 %
Saturated Fat	2.1 g	10 %
Trans Fat	0 g	
Cholesterol	185 mg	62 %
Sodium	651 mg	27 %
Total Carbohydrate	48.5 g	16 %
Dietary Fiber	5.9 g	23 %
Sugars	13.6 g	
Protein	12 g	24 %
Vitamin A	5 % • Vitamin C	1 %
Calcium	57 % • Iron	20 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>