

SIMPLE PEANUT BUTTER LAVA MUG CAKE

*WHEN POSSIBLE, USE ORGANIC OR LOCAL PRODUCTS

SOMETIMES YOU WANT A SWEET TREAT THAT'S QUICK AND EASY. THESE HAVE LESS FAT AND CALORIES THAN REGULAR CAKE, BUT WILL CURB YOUR SWEET TOOTH! ALSO, RATHER THAN HAVING TO MAKE AN ENTIRE CAKE THAT SITS AROUND TEMPTING US ALL WEEK, THESE CAN BE MADE ONE AT A TIME.



INGREDIENTS

- 1 BOXED (HEALTHY-ISH) CHOCOLATE CAKE MIX (PAMELA'S, ORGANICS, NAMASTE, ETC.)
*TO CUT CALORIES/SUGAR FURTHER, USE A LOW CALORIE (HIGH PROTEIN) VERSION (LIKE FITBAKE).
- 1 BOXED ANGEL FOOD CAKE
- 1 MINI JUSTIN'S ORGANIC PEANUT BUTTER CUP
- 2 TBS WATER
- TOPPINGS OF CHOICE; FRUIT, COCO CRÈME, ETC.

DIRECTIONS

1. COMBINE BOTH DRY CAKE MIXES IN A LARGE ZIP LOCK BAG.
2. IN EACH MUG/RAMEKIN, PLACE 3 TBS OF THE COMBINED CAKE MIX + 2 TBS OF WATER. STIR WELL.
3. PLACE 1 MINI PEANUT BUTTER CUP IN THE MIDDLE OF THE BATTER IN YOUR MUG.
4. MICROWAVE 45 SECONDS- 1 MINUTE.
5. ENJOY!

*EXPERIMENT WITH DIFFERENT CAKE FLAVORS AND TOPPINGS!

TRY YELLOW CAKE TOPPED WITH STRAWBERRIES TO CURB YOUR STRAWBERRY SHORTCAKE CRAVING. .