

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Basic 3-2-1 Mug Cake

Makes about 30 individual servings

This is a great recipe if you just want to make 1 serving of cake, quick and easy, and not have a whole cake tempting you to finish it. Just stick to one serving at a time!

Ingredients:

1 (16-ounce) package angel food cake mix
1 (15.25-ounce) package cake mix (any flavor)
Water

Directions:

1. Combine 1 package of angel food cake mix with 1 package of regular cake mix (any flavor will do – vanilla, chocolate, spice, lemon, etc.). Store in an airtight container.
2. When ready to serve, spray a microwavable mug with cooking oil spray. Add **3** tablespoons of cake mixture to the mug. Stir in **2** tablespoons of water and mix with a fork until frothy, about 30 seconds. Microwave for **1** minute on HIGH. Turn over onto a serving plate. Done.

Variations:

1. Lemon-Raspberry: Add a few drops of lemon extract and 1 tablespoon fresh or frozen (and thawed) raspberries to vanilla flavored cake mix
2. Pumpkin Spice: Add 1 tbsp. canned pumpkin and 1/4 tsp. pumpkin pie spice to your batter for a perfect fall treat.
3. To change vanilla flavored cake into chocolate flavored, just stir in add 1 ½ teaspoons unsweetened cocoa powder
4. Try adding 1 tablespoon chopped nuts, chocolate chips, berries or chopped fruit.

Nutritional Information per serving:

Calories: 113	Carbohydrates: 24g
Total Fat: 1g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 0g
Protein: 1g	Sodium: 215mg