

**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](http://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 package angel food cake mix  
1 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 - chocolate, vanilla, 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 the mug. Stir in 2 tablespoons of water and microwave for 1 minute. Done.

**Variations:**

1. Apple Spice 3-2-1 Cake: Spray mug with vegetable oil spray. Microwave ¼ cup chopped apple in mug until soft. Sprinkle with cinnamon. Follow recipe as above and microwave.
2. Pumpkin Spice 3-2-1 Cake: 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 mix into chocolate flavored, just add 1 ½ teaspoons cocoa powder along with the 3 tablespoons cake mix.
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

