

Halloween Candy Mug Cake

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-candy-cookie-recipe>

Ingredients:

- 1/4 cup chocolate bars chopped plain, see note
- 3 tablespoons fat free milk
- 1/2 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- 1/4 teaspoon baking powder
- 3 tablespoons candy chopped, your choice, see note

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 70 milligrams
9. Sugar: 10 grams

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