



THE BEST MEALS HAPPEN AT HOME
make meals go further throughout the week

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Egg Nog Mug Cakes

Prep Time: 10 Minutes | Cook Time: 10 Minutes | Servings: 2

INGREDIENTS

PAM® Original No-Stick Cooking Spray

2 cups Reddi-wip® Original Dairy Whipped Topping (2 cups = 5 seconds)

1/4 cup Egg Beaters® Original

1 teaspoon rum extract

1/2 cup yellow cake mix

1/8 teaspoon ground nutmeg

DIRECTIONS

1. Spray insides of 2 large microwave-safe mugs with cooking spray. Whisk together Reddi-wip®, Egg Beaters®, rum extract, cake mix and nutmeg in medium bowl. Place half of batter in each mug.
2. Microwave each mug individually on HIGH 1 minute 15 seconds to 1 minute 30 seconds or until set. Invert each cake onto a plate. Serve with additional Reddi-wip®, if desired.

NUTRITIONAL INFORMATION PER SERVING:

Calories - 266, Total Fat - 12g, Cholesterol - 25mg, Sodium - 243mg, Carbohydrate - 30g, Protein - 4g, Vitamin A - 5%, Calcium - 4%, Iron - 5%

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