

Mini Microwave Chocolate Cake

- 2 TBS reduced sugar chocolate or Devil's Food cake mix
- 2 TBS cool whip free
- 1 TBS fat free vanilla yogurt
- 1/2 TBS chocolate syrup (use a light or calorie reduced version)

1. Combine the cool whip with chocolate syrup, place in freezer.
2. Combine cake mix with yogurt. Microwave for 1 minute, in single serving microwavable bowl or small custard cup. This will look like nothing in the dish, but will expand when cooked.
3. Let cool for 3 minutes.
4. When cake has cooled a little, put cool whip mixture on top, drizzle with a little extra syrup.

Pts = 1.5