



## Pumpkin Cake for Breakfast



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 204 calories, 3g total fat (1g sat. fat), 243mg sodium, 41.5g carbs, 3g fiber, 16.5g sugars, 3.5g protein

[Click for WW PersonalPoints™ value\\*](#)

**Total:** 5 minutes



More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Dessert Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

1/4 cup spice cake mix  
3 tbsp. old-fashioned oats  
2 tbsp. canned pure pumpkin  
1/2 tsp. pumpkin pie spice

### Directions

Spray a wide-bottomed microwave-safe mug with nonstick spray. Add all ingredients and 3 tbsp. water. Stir until uniform.

Microwave for 1 1/2 minutes, or until cake is set.

MAKES 1 SERVING

\*The WW points values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the [SmartPoints®](#) and PersonalPoints™ trademarks.

Questions on the WW points values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.