

# Chocolatey Caramel Mug Cake Tart Shells

Thick and chewy or paper thin and crispy how about a delicious tart shell filled with pudding or stewed rhubarb , or how about stewed chayote or chayote butter.

Sweet on sweet or sweet and savory here is a delightful treat , meal, or snack sure to satisfy.

Caramel Mug Cake Tart Shells:

1 Pkg Caramel Mug Cake

2 ounces of water

2 ounces of WF Maple Syrup

2 ounces of egg whites

Whisk all ingredients until smooth.

Spray a regular muffin tin with non stick spray and preheat oven to 325 degrees

Heat nonstick skillet over medium heat and make thin 3 inch diameter pancakes, use the back of a spoon to smooth into rounds - undercook slightly ,remove from skillet and press into wells of muffin tin while still warm. repeat until batter is gone.

Bake for 20 minutes, remove from oven and cool.

Fill with desired filling:

**Our #1** Recommendation is to fill with stewed rhubarb! You can stew your rhubarb with a variety of approved sweeteners and spices for that perfect tart.

**#2** is stewed chayote another delicious option , stewed with apple pie spice and maple syrup you will have a mouth watering tart with a hint of sweet through to your crust.

**#3** IP pudding, add extracts or syrups to pudding preparation and decrease water by a tbsp or 2 depending on additions. ( you do not want runny pudding. Or make pudding as directed and drizzle a little syrup over finished product.

Think Chocolate Caramel , Chocolate coconut, Chocolate Coffee, Chocolate Raspberry, Lemon Vanilla, Blueberry Vanilla, really vanilla anything 😊