

Microwave Mug Cake



Ingredients:

- ★ 4 tbsp self-raising flour
- ★ 4 tbsp caster sugar
- ★ 2 tbsp cocoa powder
- ★ 1 medium egg
- ★ 3 tbsp milk
- ★ 3 tbsp vegetable oil or sunflower oil
- ★ a few drops of vanilla essence or other essence (orange or peppermint work well)
- ★ 2 tbsp chocolate chips, nuts, or raisins etc (optional)

How to:

- ★ Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
- ★ Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
- ★ Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
- ★ Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

