

Microwave Mug Cakes

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)



Equipment:

- Mug
- Spoon

Serves: 1

Prep time: 10 minutes

Cooking time: 2 minutes

Method:

1. Add the flour, sugar and cocoa powder to a large mug.
2. Add the egg and mix everything together. Don't worry if there's still dry mix left.
3. Add the milk, vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth.
4. Put the mug in the centre of the microwave and cook on high for 1-2 mins, or until it has stopped rising and is firm to the touch

Serving suggestions:

- Enjoy with ice cream or yoghurt.

Why not try:

- You can add 2 tbsp of chocolate chips, nuts, or raisins at step 3.

