

Microwave mug Cake



INGREDIENTS

4 tbsp. self-rising 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)

METHOD

STEP 1

Add 4 tbsp. self-rising 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.

STEP 2

Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

STEP 3

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.

STEP 4

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.