

Words by: Emma Heapes

CHOCOLATE MICROWAVE MUG CAKE

Haven't got the time or energy on a cold winters evening to slave over a mixing bowl for hours for a scrumptious chocolate treat when you are really craving it? Well your prayers have been heard with the creation of a real cake that takes less than 5 minutes to make!

All you need is...

- ✚ A microwave
- ✚ The largest mug you can find (the larger the mug the bigger the cake)
- ✚ A fork to mix the ingredients



Ingredients...

- ✚ 4 tbsp self-raising flour
- ✚ 4 tbsp caster sugar
- ✚ 2 tbsp cocoa powder
- ✚ 1 egg
- ✚ 3 tbsp milk
- ✚ 3 tbsp veg oil



1. Add the flour, sugar and cocoa powder to your mug and mix.
2. Add the egg and mix in the mug with the dry ingredients
3. Then add the milk and veg oil. Mix until smooth

Tip – you can add in 1-2 squares of chocolate to make it extra gooey

4. Place mug in the microwave. Heat on full power for 2 minutes or until it has stopped rising and is firm to touch.

Watch it as it cooks to see it rise!

I found this recipe on the BBC GoodFood website but there are loads of different types of microwave mug cakes online. There's even an Oreo chocolate one – Mmm!