

Microwave Chocolate Cake in a Mug

Ingredients:

3 tablespoons all-purpose flour
3 tablespoons sugar
2 tablespoons cocoa powder
1/4 teaspoon baking powder
Pinch of salt, optional
3 tablespoons milk
3 tablespoons vegetable oil
Splash vanilla extract, optional
3 tablespoons chocolate chips

How to: Read the chefs tips before cooking

Serves: 1 serving

Special equipment: a 12-ounce microwave-safe ceramic mug and a microwave oven

Put the flour, sugar, cocoa powder, baking powder and salt if using in a 12-ounce microwave-safe ceramic mug. Blend thoroughly with a fork. Add the milk, vegetable oil and vanilla if using and blend until smooth. Stir in the chocolate chips.

Microwave on high for 90 seconds. Do not overcook or the cake will be dry. Let cool for 2 to 3 minutes before eating.

Chefs tip: If the mix is a little dry add a small amount of milk or oil to make the mixture loose. Check the cake at 30 second intervals as it will depend on the power of each microwave. Add chocolate spread on the top of the cooked mug cake to make a quick sauce.