

## 5 MINUTE CHOCOLATE MUG CAKE

Ingredients in the baggie:

4 Tbls flour

3 Tbls sugar

2 Tbls cocoa (unsweetened)

3 Tbls chocolate chips (optional but recommended)

Not included (for obvious reasons):

1 egg

3 Tbls milk

3 Tbls oil (you can use 3 Tbs mashed bananas)

Small splash of vanilla extract

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add vanilla extract and mix again.

Cooking time 1 1/2 minutes. Cook 2 1/2 minutes, then check. If it feels firm and springy, it's done. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out on to a plate if desired. If you do this, it helps to spray the mug first with oil. Or leave it in the mug and top with ice cream.