

5 MINUTE CHOCOLATE MUG CAKE

4TBSP SELF RAISING FLOUR

4 TBSP SUGAR

2 TBSP COCOA

1 EGG

3 TBSP MILK

3 TBSP OIL

3 TBSP CHOCOLATE CHIPS (OPTIONAL)

A SPLASH OF VANILLA EXTRACT

1 LARGE COFFEE/HOT CHOCOLATE MUG

ADD THE DRY INGREDIENTS TO YOUR LARGEST MUG AND MIX WELL.

ADD THE EGG AND MIX THOROUGHLY.

POUR IN THE MILK AND OIL AND MIX WELL.

ADD THE CHOCOLATE CHIPS IF USING AND THE VANILLA EXTRACT AND MIX AGAIN.

PUT YOUR MUG IN THE MICROWAVE AND COOK FOR 3 MINUTES ON HIGH (1000 WATTS)

THE CAKE WILL RISE IN THE MUG AND OVER THE TOP, DONT BE ALARMED.

ALLOW TO COOL A LITTLE AND TIP OUT ONTO A PLATE IF DESIRED.