



5 minute chocolate cake in a mug

EQUIPMENT

Mug

Dessert spoon

Teaspoon or fork to eat with
microwave

INGREDIENTS

- 4 Dessert spoons self raising flour
- 4 Dessert spoons granulated sugar
- 2 Dessert spoons cocoa or hot chocolate
- 1 Egg
- 3 Dessert spoons milk
- 3 Dessert spoons cooking oil

METHOD

Place everything in a mug, dry ingredients first

Mix it up

Microwave for 2.1/2 to 3 minutes on full power

Leave to stand for at least 1 minute before eating

Eat with a teaspoon or fork **CAREFUL – ITS HOT**

OPTIONAL Add spray cream as topping

Snowgoose Beaver Colony, Wednesday evenings
(during term time) Herlington Centre, Orton
Malborne, PETERBOROUGH