



## 5 minute chocolate cake in a mug

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### 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 nterm time)

Herlington Centre, Orton Malborne, PETERBOROUGH