

Microwave mug cake

Preparation and cooking time, Easy,
Serves 1

Prep: 5 mins

Cook: 2 mins

Need a quick chocolate fix?



Try making this easy microwave mug cake with store cupboard ingredients. It's even more delicious with a scoop of vanilla ice cream

Nutrition: per serving

Nutrient	Unit	Ingredients
kcal	??	
fat	47g	• 4 level tbsp self-raising flour
saturates	9g	• 4 level tbsp caster sugar
carbs	146g	• 2 level tbsp cocoa powder
sugars	83g	• 1 medium egg
fibre	8g	• 3 level tbsp milk
protein	23g	• 3 level tbsp vegetable oil, sunflower or olive oil
salt	0.9g	• a few drops of vanilla essence or other essence (orange or peppermint work well)
		• 2 level tbsp chocolate chips , nuts, or raisins etc (optional)

Method

- Add 4 level tbsp self-raising flour, 4 level tbsp caster sugar and 2 level tbsp cocoa powder to the largest mug you have (to stop it overflowing in the [microwave](#)) and mix.
- Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
- Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
- Divide into 2 large mugs. Clean inside the top of the mug to remove excess mix from the sides of the mug. *A plastic pudding basin could be used instead but only a maximum of just over 1/2 full.*
- Centre one mug in the middle of the microwave oven (Rated E, 1000w) and cook on High for 2 mins 10 sec, or until it has stopped rising and is firm to the touch. Adjust the time to suit the rating of the microwave.
- Repeat with the second mug.

Goes well with [Ultimate vanilla ice cream](#) [Malt chocolate ice cream](#)

Best eaten Warm. Can be reheated