

Make Cake in a Mug



 Make this cake in 5 minutes!

What You'll Need



 Buying hot chocolate mix in bulk saves having to rip open the little packages.

A microwave oven

A large microwavable container – xmas pudding bowls are ideal

A tablespoon for measuring

4 Tablespoons flour

9 Tablespoons hot chocolate mix

1 Egg

3 Tablespoons water

3 Tablespoons oil

1 pinch of salt

Cooking Spray

Makes enough for one enormous serving.

Combine the Ingredients



Spray a little cooking spray into the bowl.

Measure out the flour and hot chocolate mix into the mixing bowl. Stir.



Crack the egg into the bowl. Stir a bit after adding the egg so it doesn't overflow.



Add water and oil.

Stir until thoroughly moistened. Make sure to scrape the bottom of the bowl with your spoon to avoid any leftover pockets of dry ingredients.

Bake

Transfer it all to the cooking bowl and put in the microwave on high and set the timer for 3 minutes.

As it bakes, a cylinder of cake will start to rise out of the bowl. Way cool!

When done, it will settle back into the mug.

Serve



The handle of the mug may be hot, so use a potholder to remove it from the microwave.

Tip your cake cylinder out of the mug into a dish. Your cake may look a little damp and wrinkled. This is normal.



Use a fork to break it up into quarters. This will allow steam in the center to escape. Arrange so that the more attractive interior of the cake is showing.

Enjoy your Treat





Mmmm. Chocolate chips.

Make sure the cake has cooled enough to eat before digging in. Add whipped cream or ice cream if desired.

Variation

For added sweetness and gooeyness, after you mix up the batter throw in a few chocolate chips. They may sink to the bottom, but they will taste fine. Mini marshmallows also add a great taste to the cake. They do tend to bubble out, so be sure to protect your microwave tray with paper towel for easy clean-up.

If you want a glaze-like layer on the outside of the cake, try using some chocolate or butterscotch syrup. This absorbs into the cake and makes it more sweet and delicious.

A Little Healthier

Didn't want to throw my nutrition degree out the window, so I made the cake with whole wheat flour, canola oil and sugar-free, calcium fortified hot chocolate. Plus I replaced half the oil with applesauce. Just as delicious!

Afterwards

Clean Up

Although the cooking spray will help, it may still require soaking.

After use, fill the mug with water and let soak. Then wash by hand. Throwing the mug in the dishwasher will result in baked-on batter that will be harder to get off than if you just washed it by hand in the first place.