



[www.ripbs.org/kids](http://www.ripbs.org/kids)



## 5 Minute Chocolate Mug Cake

- 4 Tbsp. cake flour
- 4 Tbsp. sugar
- 2 Tbsp. cocoa
- 1 egg
- 3 Tbsp. milk
- 3 Tbsp. oil
- 2-3 Tbsp. milk chocolate chips (optional)
- A small splash of vanilla extract
- 1 large coffee mug

Spray the mug with a little non-stick spray. Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil. Mix again well.

Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at high power (1000 watts).

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate, and serve with vanilla ice cream on the side, if desired. This makes a generous serving for two.

Source: <http://www.dizzy-dee.com/recipe/chocolate-cake-in-5-minutes>

