

5-Minute Chocolate Mug Cake

INGREDIENTS

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
a small splash of vanilla extract
1 large coffee mug

Add dry ingredients to mug, and mix well. In a separate bowl, whisk together the egg, milk, vanilla and oil and mix well. Add the wet mixture to the mug and mix really well to eliminate lumps. Put your mug in the microwave and cook for 3 minutes at 1000 watts (high). 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 if desired. This can serve 2 if you want to feel slightly more virtuous.