

Chocolate Mug Cake

Internet Address:



Description: Dessert for one - or more - only limited by the number of coffee mugs you have

Notes: Actually, I think there's enough cake here to make two smaller servings. Use two smaller mugs and reduce the microwave time, since they'll be done in less time, obviously. The batter just about doubles in volume when it's baked if that gives you any better idea as to space needed. You might also try buttering the inside of the mug (it's a mess to clean up) but I'm not certain how that will affect the rising cake. Worth a try.

1. In a mug (8 ounce or more) mix the flour, sugar and cocoa.
2. Add egg and mix until combined.
3. Add milk, oil, chocolate chips and vanilla. Mix just until combined.
4. Microwave for 3 minutes (for a 1000 watt unit). Cake will rise over the top (depending on mug size), which is okay. Remove from microwave to cool (be careful, mug is hot).
5. Allow to cool at least 5 minutes. Serve with cream, whipped cream or vanilla ice cream.

4 tablespoons all-purpose flour
 2 1/2 tablespoons sugar, [4 T was suggested in original recipe]
 2 tablespoons cocoa
 1 large egg
 3 tablespoons milk
 3 tablespoons vegetable oil
 3 tablespoons chocolate chips
 1/4 teaspoon vanilla

Whipped cream, cream or ice cream on top

Per Serving (excluding unknown items): 926 Calories; 62g Fat (56.8% calories from fat); 15g Protein; 90g Carbohydrate; 7g Dietary Fiber; 218mg Cholesterol; 100mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 11 1/2 Fat; 4 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>