



Microwave Cake... For Mugs

I'm addicted to cake. Any sort, size or flavour, but particularly chocolate cake. Well here's a treat for all you fellow addicts, particularly those about to depart to university this month. We didn't have microwaves when I was there, so baking cakes was an arduous task in an ill equipped student flat. So here's a 2 minute fix that will satisfy your craving, and make you lots of friends....

Ingredients

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or try orange or peppermint.
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
2. Add 1 medium egg and mix in as much as you can with a fork, but don't worry if there's still dry mix left.
3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth.
4. For an extra hit, you can now add 2 tbsp chocolate chips, nuts, or raisins and mix again. Or, for a melt in the middle cake push one of those Lindt Lindor chocolate truffles into the centre of the mix.
5. Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.
6. Leave to cool, well even slightly, then top with vanilla ice cream, or a serious squirt of that canned aerosol cream stuff that you will likely find at the back of the fridge.
7. Be adventurous, it doesn't have to be chocolate.