

5 Minute Chocolate Mug Cake

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
1 small splash of vanilla extract
1 large coffee mug (or soup mug-microwave safe)

Add dry ingredients to mug, mix well.

Add the egg and mix thoroughly

Pour in the milk and oil and mix 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 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 if desired.

EAT (this can serve 2 if you want to feel slightly more virtuous)