

5 Minute Chocolate Mug Cake

4 Tablespoons cake flour
4 Tablespoons sugar
2 Tablespoons baking cocoa
1 egg
3 Tablespoons milk
3 Tablespoons oil
3 Tablespoons chocolate chips (optional)
Small splash for vanilla

Add dry ingredients to CrystalWave soup mug and mix well.
Add the egg and mix thoroughly.
Pour in the milk and oil and mix well
Add the chocolate chips and vanilla and mix again.
Put in microwave, uncovered, for three (3) minutes at 1000 watts.

Allow to cool a little and tip out onto plate, if desired. Will serve two, if you want to share.

The recipe uses a coffee mug to cook in the microwave, but I tried the CW soup mug. Also, the dry ingredients (flour, sugar and baking cocoa) fit very nicely into a Mod Mate Round 1 or the Ideal Bowl.