



Chocolate Mug Cake

Ingredients

- 2 tablespoons all-purpose flour
- 1 1/2 tablespoons sugar
- 2 teaspoons cocoa powder
- 1/4 teaspoon baking powder
- Pinch of salt
- 2 tablespoons milk
- 1 teaspoon oil
- 1 drop of vanilla extract

Instructions

- Spray the inside of a mug with cooking spray.
- Combine the flour, sugar, cocoa powder, baking powder and salt in the mug. Whisk gently until no lumps remain. Stir in the milk, oil and vanilla until smooth.
- Bake in the microwave on high for 30-35 seconds. Do not overcook or it will be rubbery! The cake will continue cooking for the next minute as it sets. Cool for 3 to 5 minutes, then enjoy!

NUTRITION PER SERVING (BASED ON 1 SERVING):
CALORIES: 200 | CARBOHYDRATES: 35G |
PROTEIN: 3G | FAT: 7G | FIBER: 3G

ADAPTED FROM: BUTTER WITH A SIDE OF BREAD