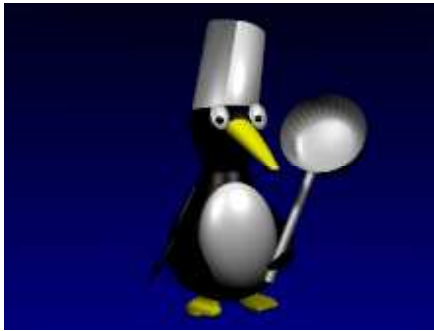


Chocolate mug cake



Categories: Desserts

Yield: 1

Preparation Time: 5:00

- Dry ingredients:
 - flour: 4 tbsp
 - sugar: 4 tbsp
 - cocoa: 2 tbsp
- egg: 1
- wet ingredients:
 - milk: 3 tbsp
 - oil: 3 tbsp
 - vanilla essence: 1/8 tsp

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk, oil and vanilla essence, and mix again.

Microwave for 3 minutes at 1000 watts (high). The cake may rise over the top of the mug.

Allow to cool a little, and tip out onto a plate if desired.
