

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)

A small splash of vanilla extract

1 large coffee mug (Microwave safe)

Add dry ingredients to mug and mix well.

Add the egg and mix thoroughly.

Pour in the milk and oil and mix well..

Add the vanilla extract and chocolate chips (if using) and stir till smooth.

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 then, tip out onto a plate if desired. Add

your favorite ice cream and EAT !!!

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

And why is this, the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

ENJOY!

73, Don/KE0CQ