

## Mug Cakes

From June Ridout

### Chocolate Mug Cake

#### Ingredients:

1. 4 tablespoons of Sugar
2. 4 tablespoons of Gluten Free Self Raising Flour [I used Doves]
3. 2 tablespoons of Cocoa Powder
4. 1 egg
5. 3 tablespoons of Oil
6. 3 tablespoons of Milk
7. Small drop of Vanilla Extract

#### Method:

1. In a cup, add all the dry ingredients [sugar, flour, cocoa powder] and mix together
2. Add the egg, oil, milk and vanilla extract and mix together
3. Pop it in the microwave for 3 minutes on full power
4. After 3 minutes, carefully take the cup out and using a spoon, gently ease the cake out of the cup and onto a plate [or just eat it whilst it's still in the cup!]

### 3 INGREDIENT FLOURLESS PEANUT BUTTER MUG CAKE

#### INGREDIENTS:

3 tbsp peanut butter (creamy)  
1 tbsp + 1 tsp white granulated sugar  
1 large egg

#### DIRECTIONS:

Whisk all ingredients into an oversized, microwave-safe mug until batter is smooth and egg is fully whisked in. Microwave for about 1 minute. Let cake cool a few minutes before eating.

*More Recipes below...*



## Honey Mug cakes!

### Ingredients

2 tbsp soft butter  
1 medium egg  
2 tbsp runny honey  
½ tsp vanilla extract  
3 tbsp light muscavado sugar  
4 tbsp self-raising flour  
Pinch of salt

### To decorate

2 tbsp softened butter  
4 tbsp icing sugar  
Pinch of ground cinnamon  
30g yellow marzipan  
Black food dye  
4 flaked almonds  
Cocktail stick  
1 tsp honey

### Method

1. Place the butter in a 350ml mug and microwave for 10–20 seconds until melted.
2. Add the egg, honey and vanilla to the mug and beat with a fork until combined. Add the sugar, flour and salt and beat again until smooth.
3. Cook in the microwave for 1 minute 45 seconds @ 600W, 1 minute 30 seconds @ 800W or 1 minute 15 seconds @ 1000W. Leave to cool.
4. Meanwhile, make the icing. Beat the butter, icing sugar and cinnamon together until light and fluffy, then spoon into a piping bag fitted with a large round nozzle.
5. Divide the marzipan in two and, with your fingers, roll each piece into two bumble bee-sized oval shapes. Dipping either a skewer or a paintbrush into the black food dye, paint the marzipan with stripes and eyes to look like a bee, finishing with almond flakes for wings. Place one on a cocktail stick.
6. Once the cake is completely cooled, pipe the icing in a spiral pattern over the sponge. It's best to work from the outside edge inward and to keep constant pressure on the icing bag. To finish, release the pressure on the bag, press down lightly and then pull straight up.
7. Garnish with the bees and drizzle with honey to serve.

## Chocolate and peanut butter cake



Via: Mug Cakes

*If you had to work late, your train was delayed or you got caught in the rain... this is the cake to treat yourself with – it will banish your blues away.*

### Ingredients

2 tbsp soft butter  
40g dark chocolate, finely chopped  
1 medium egg  
2 tbsp semi-skimmed milk  
3 tbsp caster sugar  
3 tbsp self-raising flour  
pinch of salt  
2 tbsp smooth peanut butter  
1 tbsp salted roasted peanuts, roughly chopped

### Method

1. Place the butter and chocolate in a 350ml mug and microwave for 10–20 seconds until melted.
2. Add the egg and milk to the mug and beat with a fork until thoroughly combined.
3. Add the sugar, flour and salt and beat again until smooth, then float a tablespoon of peanut butter on top of the cake mixture but don't stir – this will sink down as the cake cooks to create a lovely gooey peanut butter centre.
4. Cook in the microwave for 2 minutes 20 seconds @ 600W, 2 minutes @ 800W or 1 minute 40 seconds @ 1000W.
5. While the cake is still warm, top with the remaining peanut butter. Wait for it to melt slightly and then scatter with peanuts, curl up on the sofa and enjoy.

**Swap:** Overdose on chocolate – swap the peanut butter for chocolate spread.

## Nutella microwave mug cake

A delicious speedy microwave mug cake...



A quick and easy Nutella cake recipe for a delicious dessert which is ready in under 10 minutes. Your kids will love making it almost as much as they enjoy eating it!

### Ingredients (serves 1)

- 3 tbsp self-raising flour
- 2 tbsp caster sugar
- 1 tbsp cocoa powder
- 1 medium egg
- 2 tbsp milk
- 1 tbsp vegetable oil (or sunflower oil)
- 2 tbsp Nutella
- 1 tsp icing sugar (for dusting - optional)
- raspberries (to serve - optional)

### Method

1. Add the flour, sugar and cocoa powder to the mug and mix
2. Add the egg and mix
3. Add the milk, oil and finally add the Nutella
4. Give it a good mix until all the ingredients are combined
5. Centre your mug in the middle of the microwave and cook on HIGH for 3 minutes (depending how powerful your microwave is) or until it has stopped rising and is firm to the touch
6. Make sure you keep an eye on it and check it doesn't overflow
7. Allow to cool
8. Serve with a dusting of icing sugar and top with some raspberries

### Handy tip

Make sure you use a large mug and only half fill it with ingredients - if you overfill it, it will overflow