

Five Minute Chocolate Mug Cake

1 Coffee mug
4 tablespoons cake flour (plain flour NOT self-rising)
4 tablespoons sugar
2 tablespoons baking cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional) a small splash of vanilla

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 chocolate chips (if using) and vanilla and mix again.

Put the 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 by this.

Allow to cool a little and tip out onto a plate if desired. (Or eat with a spoon right from the mug).

EAT! ENJOY! Top with ice cream or whipped cream for some real decadence. (This can serve 2 if desired).

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!