

VANILLA MUG CAKE BAKED IN A MICROWAVE

Ingredients for **ONE** mug cake

- 1/4 cup All-purpose white flour - unbleached, or whole-wheat flour or all-purpose gluten-free flour (32g)
- 1/2 teaspoon Baking powder
- 1 tablespoon + 2 teaspoons of Sugar, Coconut sugar or white sugar or sugar-free erythritol (12g)
- 3 tablespoon Milk or Almond milk - or any plant base milk of your choice (45ml) [at room temperature]. Gluten free requires ½ a tablespoon more milk.
- 1 tablespoon butter or ghee or Coconut oil - all at room temperature
- 1/2 teaspoon Vanilla
- Pinch of salt
- Chocolate chips or sprinkles
- Optional toppings can be anything you like (suggestions include whipped cream, chocolate syrup, jelly or berries)

Instructions

- In a coffee mug, add flour, baking powder, sugar & salt – mix these dry ingredients well.
- Next, add milk, oil and vanilla to the mug
- Whisk the ingredients together until it forms a smooth batter with no lumps.
- Baking time
 - For a 1000-watt microwave: set power level to 80% and bake for 70 seconds
 - For a 1200-watt microwave: set power level to 80% and bake for 65 seconds
 - For an 800-watt microwave: bake for 80 seconds (no need to change power level)
 - 5 seconds less for ALL gluten free versions
 - The cake is correctly baked if the center is set, moist and fluffy. An overbaked mug cake will often result in chewy dry cake that won't taste good. So, you may need to experiment a little bit - start with a lower power and time combination – check the cake and add 10 second increment till you get it right.
- Set aside for one minute to cool down and then enjoy immediately with your choice of topping