

Very Dangerous Cake

Ok, I've known of this cake recipe for a few months, but I never tried making it until tonight. The reason I say it is dangerous is that you can have a decent hot chocolate desert in under five minutes. Any time of the day, your diet can be blown out of the water. So for sharing the guilt. ☹ Don't skip the chocolate chips....

MINUTE CHOCOLATE MUG CAKE

4 tablespoons cake flour(that's 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 essence
1 coffee mug

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 essence, and mix again.

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, and tip out onto a plate if desired.

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