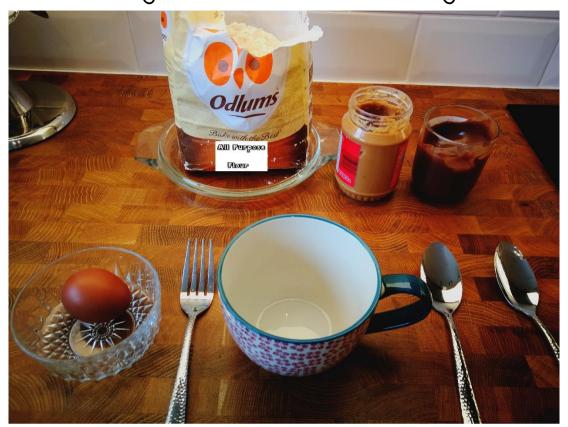
Three ingredients Microwave Mug Cake



Ingredients:

- 1 Tablespoon of chocolate spread (or peanut butter)
- 1 egg
- 2 Tablespoons of allpurpose/white flour

Otensils:

- 1 microwavable mug
- 2 tablespoons
- 1 fork
- 1 small bowl to gently whisk egg

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Method:

- 1. Crack egg in bowl and whisk
- 2. 1 tablespoon of chocolate spread into the mug
- 3. Add in egg to mug and mix together
- 4. Add 2 tablespoons of flour and mix until you have a smooth batter
- 5. Microwave for 30 seconds- THEN CHECK!
- 6. Place back into microwave for another 20-30 seconds. (This is based on my microwave so just keep an eye! We don't want it to overflow)
- 7. Remove from microwave and allow to cool
- 8. Serve with ice cream of your choice