

Three ingredients Microwave Mug Cake



Ingredients:

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

Utensils:

- 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