

THE CARE AND FEEDING OF AN **ALMOST ADULT**



■ 5 MINUTE CHOCOLATE MUG CAKE

INGREDIENTS

- 4 tablespoons flour—be precise in measuring all ingredients
- 4 tablespoons sugar
- 2 tablespoons unsweetened cocoa
- 2 tablespoons whisked egg
- 3 tablespoons skim milk
- 3 tablespoons canola oil
- 3 tablespoons chocolate chips
- Dash of vanilla or other flavoring (I like a bit of cinnamon)

DIRECTIONS:

- ✓ Generously spray a 10 – 12 ounce microwavable mug with a non-stick cooking spray.
- ✓ Add all of the dry ingredients to the mug and mix.
- ✓ Add the egg and combine well.
- ✓ Stir in milk and oil.
- ✓ Add chips and flavorings of choice.
- ✓ Microwave 2 ½ minutes in a 1200w oven, or 4 minutes in a 700w oven. Cool 1 minute and enjoy.