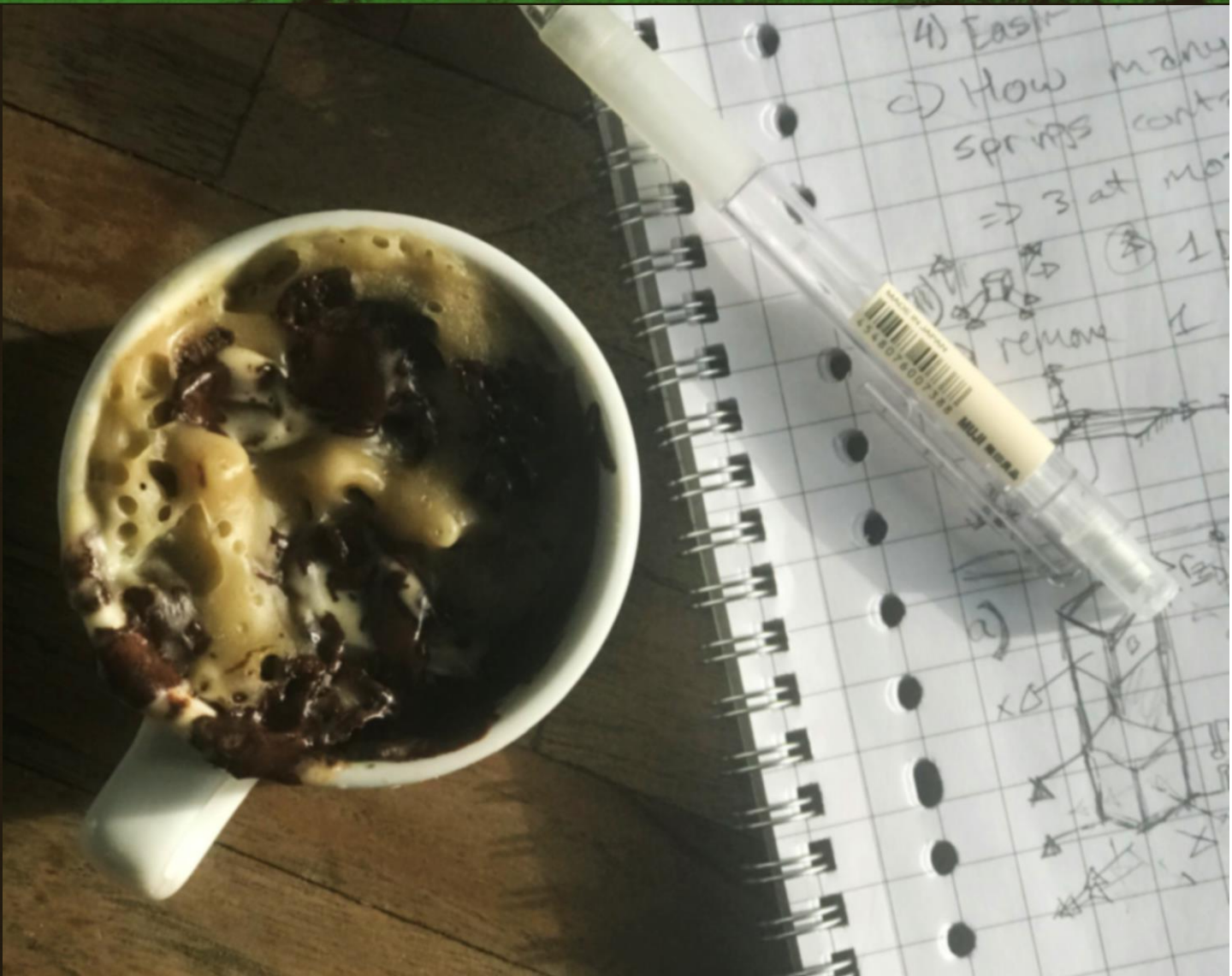


# Mug Cake



Craving cake but have too much work? Try out a mug-cake to satisfy your tastebuds.



Time required: 20 minutes

Ingredients:

- 4 tablespoons flour
- 3 tablespoons milk alternative
- 1 tsp vinegar or lemon juice
- 1 teaspoon baking powder
- 1 tablespoon oil
- 2 tablespoon sugar
- 1 tablespoon dark chocolate chips

Recipe:

1. Mix all the ingredients in a mug.
2. Microwave for 1:30-2:00 minutes

Water Footprint (L)	Land Footprint (m <sup>2</sup> )	Carbon Footprint (kg)
76	0.5	0.58