

Microwave Chocolate Mug Cake



This is my own version of the chocolate microwave mug cake. This chocolaty fudgy treat is truly decadent and great for nights when I need a yummy dessert that is ready in less than 10 minutes! Chocolate chips make this recipe even better.

Prep: 5 mins

Cook: 2 mins

Total: 7 mins

Servings: 1

Yield: 1 cake



Ingredients

¼ cup all-purpose flour
¼ cup white sugar
2 tablespoons unsweetened cocoa powder
⅛ teaspoon baking soda
⅛ teaspoon salt
3 tablespoons milk
2 tablespoons canola oil
1 tablespoon water
¼ teaspoon vanilla extract

Directions

Step 1

Mix flour, sugar, cocoa powder, baking soda, and salt in a large microwave-safe mug; stir in milk, canola oil, water, and vanilla extract.

Step 2

Cook in microwave until cake is done in the middle, about 1 minute 45 seconds.

Cook's Notes:

For a healthier version, use 1 1/2 tablespoons of plain unsweetened applesauce and use 3 tablespoons plus 1 teaspoon water instead of the milk.

Nutrition Facts

Per Serving:

603 calories; protein 6.9g; carbohydrates 82g; fat 30.4g; cholesterol 3.7mg; sodium 470.2mg.

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