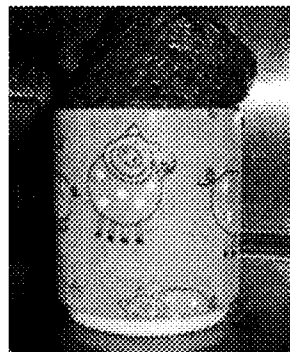


Subj: **Fwd: FW: Dangerous Chocolate Cake Recipe**
Date: 9/23/2008 2:34:07 PM Pacific Daylight Time
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Sent: 9/22/2008 10:41:38 P.M. Eastern Daylight Time
Subj: FW: Dangerous Chocolate Cake Recipe

DANGEROUS CHOCOLATE CAKE-IN-A-MUG



1 Microwavable coffee mug

4 Tbsp. cake flour (plain, not self-rising)

4 Tbsp. sugar

2 Tbsp. cocoa

1 egg

3 Tbsp. milk

3 Tbsp. oil

Small splash of vanilla

3-4 Tbsp. Dark chocolate chips, optional

Add dry ingredients to mug, mix well with a fork.

Add egg, mix thoroughly.

Pour in milk and oil and vanilla, mix well.

Add chips, if using.

Put mug in microwave, and cook for three minutes on 1000 watts.

Cake will rise over top of mug--do not be alarmed!

Allow to cool a little; tip onto a plate if desired.

Eat!

(This can serve two if you want to feel slightly more virtuous.)

***** And WHY is this the most dangerous cake recipe in the world?**

Because now we are all only five minutes away from chocolate cake any time of the day or night!!!***

This works!! It will rise way over the mug but it will be fine. Oh, dear! What is a chocoholic to do!
