

# Recipes and Tips



## Cake in a Mug

### Basic ingredients

60g self-raising flour (4 tbsp)  
15g sugar (1 tbsp)  
1 tbsp vegetable oil  
4 tbsp milk

### Optional ingredients

Making a white (vanilla) cake  
½ tsp vanilla

Wanting a chocolate cake  
use only 45g self-raising flour (3 tbsp)  
add 15g cocoa powder (1 tbsp)

### You can also add:

a few squares of chocolate  
some chopped nuts  
some raisins  
anything you want, go wild

### Instructions

In a mug, add all the ingredients apart from the 'can also adds' and stir until well mixed

Add any 'can also adds'

Microwave for 60-90 seconds depending on the power of your microwave  
1000 watts about a minute  
700 watts a minute and a half