

5-MINUTE CHOCOLATE MUG CAKE

1 Tupperware Vent N Serve Mug (without the lid)
4 tablespoons flour (that's plain flour, not self-rising)
4 tablespoons sugar
2 tablespoons baking cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
some nuts (optional)
Small splash of vanilla

Add dry ingredients to mug, and mix well.

Add the egg and mix thoroughly. Pour in the milk and oil and mix well.

Add the chocolate chips (if using) and vanilla, and mix again.

Put your mug in the microwave and cook for 3 minutes on high. The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT!



And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

This recipe brought to you by your Tupperware Consultant:

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