Microwave Chocolate Mug Cake

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug cake

Ingredients

1½ tablespoons all-purpose or whole-wheat flour

1½ tablespoons sugar

1 tablespoon unsweetened cocoa powder

⅛ teaspoon baking powder

Pinch salt (optional)

1½ tablespoons lowfat (1%) milk

1 tablespoon olive oil

¼ teaspoon vanilla extract

1 tablespoon semi-sweet or dark chocolate chips

Directions

1. Place the flour, sugar, cocoa powder, baking powder, and salt in a 12-ounce microwave-safe ceramic mug. Whisk with a fork.

2. Add the milk, oil, and vanilla. Whisk again with the fork until smooth.

3. Stir in the chocolate chips.

4. Microwave on high power (default setting) for 1 minute.

5. Microwave for another 30 seconds if needed, but be careful not to overcook or the cake will be dry.

6. Let sit to cool slightly and firm up, about 2-3 minutes.

7. Serve warm.

Recipe Notes

- This recipe works well as a quick single-serving dessert when you are craving something sweet.

- For a chocolate-peanut butter flavor, swap out the chocolate chips for one tablespoon of peanut butter.

- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 16 g | Saturated Fat: 3.5 g
Sodium: 190 mg | Total Carbohydrate: 35 g | Dietary Fiber: 2 g | Protein: 4 g**

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