

1-2-3 Chocolate Microwave Mug Cake

3 tablespoons unsweetened cocoa
2-3 tablespoons sugar (according to desired sweetness)
1 tablespoon flour
3 tablespoons milk
3 tablespoons vegetable oil, such as canola
3 tablespoons egg white or plain Egg Whites in a carton
1/4 teaspoon vanilla
optional:
1 teaspoon chocolate chips

*As a variation, substitute almond extract for the vanilla.
Also, you can change the chocolate chips to any flavor chips you'd like.

In a 1-1 1/2 cup microwave safe mug, blend cocoa, sugar, and flour together. Add milk, oil, egg white and vanilla. Stir vigorously for 2 minutes, (or until you've sung Happy Birthday 6 times!) making sure to get all ingredients incorporated. Sprinkle chocolate chips on top, if desired. Bake in microwave for 2 minutes. Check to make sure it is cooked on the bottom by lifting it a little with a spoon. If it is runny, cook 10 seconds more at a time until done. Do not overcook, as it will be rubbery. It puffs up and may overflow, but that is OK, it deflates somewhat as it cools. You want the texture to be moist and slightly undercooked. Let cool until just warm and serve with whipped cream squirted fresh from the can.

Serves one.

Bon Appetit... Buon Appetito... Buen Apetito... Cheers, Pam & Diane, the 2 Stews

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