

Mug Cake

Make a super easy cake in the microwave with less than 5 ingredients in 10 minutes for those days when you fancy something comforting but not too sweet. It can also be a sneaky way of getting your 5 a day by adding a little carrot, courgette, or beetroot.

Ingredients:

- 3 tbsp Self-raising Flour (you can use gluten free)
- ¼ tsp Baking Soda or Baking Powder
- 1 - 1 ½ tbsp Sugar (white, brown or demerara)
- 2 tbsp Carrot (grated) or Courgette (grated) or Beetroot (cooked or raw)
- 3 tbsp Light Olive Oil
- 1 Egg, or 1 tbsp Chickpea Flour mixed with 6 tbsp Vegan Milk

Extras to add

- Cinnamon - can help regulate sugar levels
- 1 tbsp Cocoa Powder, Pieces of Dark Chocolate
- Fresh Fruit or Dried Fruit
- ¼ tsp Mixed spice, Vanilla essence, Cardamom
- Nuts or Seeds

Method:

1. Mix all the ingredients in a mug or cereal bowl
2. Sprinkle with nuts seeds or chocolate pieces
3. Bake on high in the microwave for 3 to 4 minutes
4. Share or not.