



Microwave mug cake

Ingredients:

- 4 tablespoons plain flour
- 2 tablespoons caster sugar
- 1/4 teaspoon baking powder
- 1 small/medium egg
- 2 tablespoons vegetable oil
- 2 tablespoons water

Method:

1. Mix all the dry ingredients together in a mug
2. Then break the egg into the mug and add the oil and water
3. Stir vigorously with a fork
4. Zap the resulting mixture in your microwave at full power for 2 minutes