

Cake in a Mug - the Easiest Dessert Ever

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Sometimes you feel like dessert, but don't have the time (or the inclination) to make a pudding or sweet. That's when these mouth-watering mug desserts come to the rescue!

Snickerdoodle Mug Cake

Ingredients:

1/4 cup + 2 tbsp SR flour
2 tbsp sugar
1/4 teaspoon cinnamon
1/4 cup milk, at room temperature
2 tbsp butter, melted and cooled
1/2 tsp pure vanilla extract

For layering/topping:

1 tablespoon sugar
1/4 teaspoon cinnamon

Method:

In a small bowl, whisk together flour, sugar and cinnamon until thoroughly combined, with no streaks of any ingredients remaining. Blend in milk, butter and vanilla until batter is smooth. Scoop a big spoonful of batter into a large, microwave safe mug, then sprinkle with a spoonful of cinnamon sugar. Alternate layers, ending with cinnamon sugar.

Microwave on high for 1 to 1-1/2 minutes, or until cake is done to your liking. Allow to cool for a couple of minutes before serving.

Chocolate Peanut Butter Lava Mug Cake

Ingredients:

1/4 cup SR flour
2 tbsp unsweetened cocoa powder
2 tbsp sugar
1/4 cup milk, at room temperature
2 tbsp butter, melted and cooled
1/4 tsp pure vanilla extract
1 tbsp creamy peanut butter
1 tbsp mini chocolate chips



Method:

In a small bowl, whisk together flour, cocoa powder, sugar, and baking powder until thoroughly, completely combined with no streaks of flour or cocoa powder remaining. Blend in milk, butter, and vanilla until batter is smooth. Pour batter into a 14-ounce (or larger) microwave-safe mug with straight sides. Combine peanut butter and chocolate chips and dollop into the center of the mug, gently pressing down until even with the top of the batter. Microwave on high for 1 minute. Allow to cool for a couple of minutes before serving.

Blueberry Mug Muffin

Ingredients:

1/4 cup + 2 tablespoons SR flour
2 tbsp sugar
1/4 cup milk, at room temperature
2 tbsp salted butter, melted and cooled
1/2 tsp pure vanilla extract
Scant 1/4 cup fresh blueberries

Method:

In a small bowl, whisk together flour and sugar until completely combined. Blend in milk, butter and vanilla until batter is smooth. Gently stir in blueberries and pour batter into a microwave-safe mug with straight sides. Sprinkle with sugar, if desired. Microwave on high for 1-1/2 to 2 minutes, or until cake is done to your liking. Allow to cool for a couple of minutes before serving.

Notes

Choosing your mug: a large, tall, cylindrical mug with straight (not angled) sides (about 400ml) will ensure that the cake bakes evenly. This makes a cake/pudding enough for two, possibly three serves.

I have found that two using smaller coffee mugs (200ml) and filling them about 2/3 full makes single serve puddings. I cook two smaller mug cakes for 1-1/2 minutes, then check. Microwave ovens vary in power so it's better to err on the side of underdone and cook a little longer than have a dry, overdone cake.

To find the capacity of your mugs, fill them with water, then pour the water into a measuring jug.

The Cheapskates Club
Showing you how to save money,
time and energy and still have fun!
www.cheapskates.com.au