

Brownie in a Mug Recipe

- Prep time: 3 minutes
- Cook time: 2 minutes
- Yield: Makes one serving.

Some mugs don't microwave well because there is metal in their ceramic glaze. They'll work but they may get very hot. Best to use a plain old everyday un-fancy mug.

Ingredients

- 1/4 cup flour (50 g)
- 1/4 cup sugar (70 g)
- 2 Tbsp (13 g) cocoa (natural, unsweetened)
- Pinch of salt
- Tiny pinch of cinnamon
- 1/4 cup water (60 ml)
- 2 Tbsp canola oil or vegetable oil (NOT extra virgin olive oil, it's too strongly flavored)
- 1 to 2 drops vanilla extract
- 1 small scoop of ice cream or 1 or 2 teaspoons heavy whipping cream to serve

Method

1 Place flour, sugar, cocoa, salt, and cinnamon in a microwave safe ceramic mug. Stir with a fork or spoon to mix well and break up any clumps.

2 Add the oil, water, and vanilla to the cup and stir until the mixture is smooth and there are no lumps.

3 Place in microwave and heat on high until the mixture is cooked through, about a 1 minute and 40 seconds for a 1000 watt microwave. You may have to experiment and adjust the time for less or more powerful microwaves. If you don't know the power level on your microwave, start with 60 seconds and increase until the brownie is done. It should still be moist when cooked through, not dry.

4 Let cool for a few minutes and serve with a scoop of vanilla ice cream or a teaspoon or two of whipping cream poured over.