

5-MINUTE CHOCOLATE CAKE

INGREDIENTS:

- **60 ml flour**
- **40 ml sugar**
- **15 ml unsweetened cocoa**
- **30 ml whisked egg**
- **45 ml milk**
- **45 ml oil**
- **45 ml chocolate chips**
- **2 ml vanilla or peppermint extract**

DIRECTIONS:

- 1. Add all of the dry ingredients to a small mixing bowl and mix.**
- 2. Add the egg and combine well. Mixture will be very thick.**
- 3. Stir in milk and oil. Add chocolate chips and vanilla or peppermint. Stir well.**
- 4. Divide mixture between 2 small mugs.**
- 5. Microwave for 2 minutes in a 1000w oven, or 3 minutes in a 700w oven. Careful—it will be very hot!!**