

Chocolate Cake Mug

Nutrition Tip: All foods can have a place in a healthy, balanced diet. When enjoying fun foods like this cake mug, try to savor the experience without judgement.

Ingredients

- ¼ C flour
- 2 tablespoons sugar
- 2 tablespoon cocoa powder
- 1 egg
- 3 tablespoons soy milk
- 2 tablespoons olive oil
- Pinch of salt



Directions

Add all ingredients into large mug and whisk with fork until smooth. Add chocolate chips if desired.

Microwave until puffed, around 1.5 minutes (will vary depending on microwave strength). Enjoy!

Optional: you can add 1 tablespoon of chocolate chips to the batter or garnish with berries or sliced up bananas.

Recipe adapted from <https://www.foodnetwork.com/recipes/food-network-kitchen/instant-chocolate-cake-recipe-2105697>

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