

1 minute mug brownie



Can be gluten free!

Serves 1

Ingredients:

- 2 tablespoons melted butter or 2 tablespoons oil
- 2 tablespoons water or 2 tablespoons milk or 2 tablespoons chocolate milk
- $\frac{1}{4}$ teaspoon vanilla extract
- 1 dash salt
- 2 tablespoons white sugar (depending on how sweet you like it)
- 2 tablespoons unsweetened cocoa powder
- 4 tablespoons flour

To make triple chocolate add chocolate milk, chocolate chips, and serve with chocolate syrup

Method:

1. In a coffee mug, add water/milk, melted butter/oil, a dash of salt and vanilla extract. Whisk well.
2. Add cocoa powder, whisk well.
3. Add sugar, whisk well.
4. Add flour, whisk well.
5. Microwave for 60 seconds.

Centre should be slightly molten, careful not to overcook.
Can be served with ice-cream on top!

