

I'm digressing from knitting and spinning to share this recipe with readers who have not yet discovered 5 Minute Chocolate Mug Cake. It's literally made in 5 minutes, with a few ingredients and a coffee mug, and it's delicious! I used this idea for Christmas gifts for my students this year. Each student got a large Christmas mug with the dry ingredients and the recipe wrapped up inside, with the hope that they'd cook it at home with their parents.

Not wanting to be left out I adapted it for gluten free as follows:

*I decreased the flour by 1/2 tablespoon and added just a pinch of baking powder to make a lighter cake.*

3 1/2 tablespoons gluten free flour (I use Bob's Red Mill GF Flour blend)

4 tablespoons sugar

2 tablespoons cocoa

a pinch of GF baking powder

1 egg

3 tablespoons milk

3 tablespoons oil

3 tablespoons chocolate chips (optional)

a small splash of vanilla extract

1 large mug.

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired. This is amazing served warm with a spoonful of whipped cream or ice cream. Enjoy!

That's my gluten free version and here's the original:

4 tablespoons flour

4 tablespoons sugar

2 tablespoons cocoa

a pinch of baking powder

1 egg

3 tablespoons milk

3 tablespoons oil

3 tablespoons chocolate chips (optional)

a small splash of vanilla extract

1 large coffee mug

Mixing and cooking method is the same as for the gluten free recipe.