



**Name:** Nicole Depasquale

**Recipe Title:** 2 Way Mug 'n Microwave

**Recipe Ingredients:**

- **Dry:** ¼ Cup Flour, ¼ Cup Sugar, 2 TBS Unsweetened Cocoa, 1 TBS Chia Seeds, 1 tsp ground Flax Seed, 1/8 tsp Baking Soda, 1/8 tsp Salt.
- **Wet:** 3 ½ TBS Milk, Nut Milk, or Coconut Milk, 2 TBS Oil, 1 TBS Water, ½ tsp Vanilla or Almond Extract.
- **Hardware:** 15 ounce or larger microwave safe mug, spoon or fork, and measuring utensils.

**Recipe Instructions**

1. Mix dry ingredients in a 15 oz or larger microwavable mug. Add the wet ingredients and stir till well blended.
2. Microwave for approximately 1 and a half minutes (90 sec).
3. Insert toothpick in center to check for doneness.
4. If needed, microwave for 20 second increments until the toothpick in the center comes out clean. Cooking times vary depending on microwave temperature and altitude. Please watch while cooking to ensure mug doesn't overflow.
5. For Molten Mug 'n Microwave, let cool 1 minute and top with ice cream, hot fudge, and fruit topping.
6. For Traditional Mug 'n Microwave, let cool 2-3 minutes and top with your favorite frosting.

7. Serve with a quite book, good friends, or during a movie!