

# Chocolate Coconut Mug Cake Recipe



- 1 egg
- 1 tablespoon milk, almond milk **or** coconut milk
- 2 tablespoons vegetable oil, melted butter **or** melted margarine
- ¼ teaspoon vanilla
- ¼ cup all-purpose flour (**or** ¼ cup gluten free ‘flour’)
- ¼ cup sugar
- 3 tablespoons cocoa powder (cocoa is grown in Vanuatu)
- ¼ teaspoon baking powder
- ⅙ teaspoon salt
- 2 tablespoons coconut *\*Not a fan of coconut? – you can leave it out.*

In a large mug, thoroughly beat the egg with a fork. Add the milk, oil (or butter or margarine) and vanilla extract and mix well.

Add the flour, cocoa powder, baking powder, salt and coconut. Stir the dry ingredients together and then mix into the egg mixture until combined. Microwave for 60-90 seconds. A toothpick inserted into the center should come out almost clean.

*\*Egg Free Version: replace the egg and the milk with ¼ cup of water or milk.*