



**Jordan's**





**Favourite**









**Mugcake**







**Recipe**




4   4  4 **tbsp self-raising flour**

4   4  4 **tbsp caster sugar**





2   2  2 **tbsp cocoa powder**


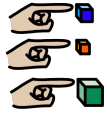

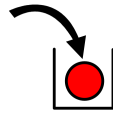
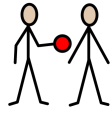

1  1 **egg**

3   3  3 **tbsp milk**

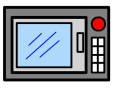
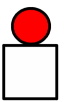
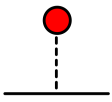
3   3  3 **tbsp sunflower oil**

a  a **few**  **drops** **of**  **vanilla essence**

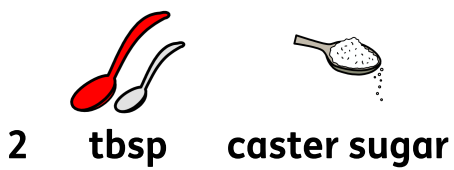
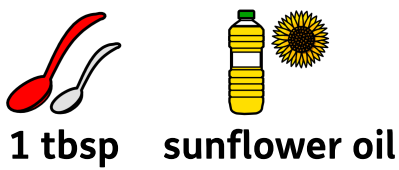
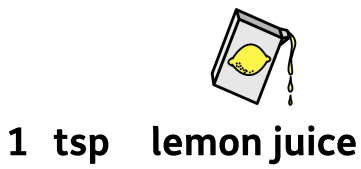
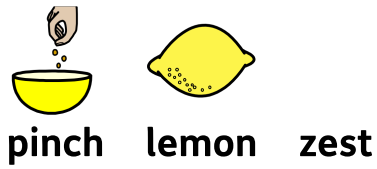
2   2  2 **tbsp chocolate chips** **or**  **raisins**  **(optional)**

1.        
1. Measure each of the ingredients into your mug.

2.    
2. Mix well.

3.     
3. Microwave on High for 1½ -2 mins.

4.   
4. Wash up.



4



4

fresh

or

frozen

raspberries