

CHOCOLATE MUG CAKE



INGREDIENTS

Serves 4 -

45g self raising flour

25g granulated sweetener

15g cocoa powder

2 medium eggs

45g reduced fat spread

1sp vanilla extract

20g milk chocolate (4 squares)

12 fresh raspberries

HOW TO COOK

- 01** Place all of the ingredients (apart from the chocolate and raspberries) into a mixing bowl. Mix thoroughly until all of the reduced fat spread has been fully mixed into the cake batter.
- 02** Pour into 4 microwavable cups or ramekins and pop one square of chocolate on top of each.
- 03** Place into the microwave, one at a time, and cook on high for 1 minute. The cake should be risen but feel light to the touch - if the top is not cooked place back into the microwave for a further 30 seconds.
- 04** Leave to stand for 1 minute, then top with raspberries and serve.

PREP TIME

Prep time - 5 mins

Cook time - 4 mins

