Microwave Chocolate Mug Cake

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes
Yield: 1 serving | Serving Size: 1 mug cake

**Ingredients**
- 1½ tablespoons all-purpose or whole-wheat flour
- 1½ tablespoons sugar
- 1 tablespoon unsweetened cocoa powder
- ⅛ teaspoon baking powder
- Pinch salt (optional)
- 1½ tablespoons lowfat (1%) milk
- 1 tablespoon olive oil
- ¼ teaspoon vanilla extract
- 1 tablespoon semi-sweet or dark chocolate chips

**Directions**
1. Place the flour, sugar, cocoa powder, baking powder, and salt in a 12-ounce microwave-safe ceramic mug. Whisk with a fork.
2. Add the milk, oil, and vanilla. Whisk again with the fork until smooth.
3. Stir in the chocolate chips.
4. Microwave on high power (default setting) for 1 minute.
5. Microwave for another 30 seconds if needed, but be careful not to overcook or the cake will be dry.
6. Let sit to cool slightly and firm up, about 2-3 minutes.
7. Serve warm.

**Recipe Notes**
- This recipe works well as a quick single-serving dessert when you are craving something sweet.
- For a chocolate-peanut butter flavor, swap out the chocolate chips for one tablespoon of peanut butter.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving:** Calories: 280 | Total Fat: 16 g | Saturated Fat: 3.5 g
Sodium: 190 mg | Total Carbohydrate: 35 g | Dietary Fiber: 2 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov