



AQUILA SCOUT TROOP

The main focus is the Chocolate one, but other recipes given (including savoury) for anyone to choose instead.

However, plenty of mug cake recipes on-line.

There does need to be an adult present, as an oven is involved!

We will go through each stage with scouts and they can check with us throughout.

NO METAL IN MICROWAVES

If no microwave, these could be done in oven at 200 °C, in ovenproof container or small cake cases (2 - 3).

Wash hands first.

Chocolate fondant mug cake

Ingredients

10 g butter / marge
1 egg
4 tablespoons caster sugar
3 tablespoon cocoa powder
Few drops vanilla (optional)
Grated choc or crumbled flake optional

Tools

Microwave oven (on high setting)
Mug (microwave-proof)
Fork
Small bowl

NOTES:

Ramekins: I mixed in a bowl and divided into two ramekins rather than use a mug

Optional chocolate sprinkle on top

Preparation

1. Measure Butter or marge into bowl and put to soften in warm or microwave for 20 sec.
2. In the mug, beat one by one the egg, sugar, butter and cocoa
3. Cook in microwave for 1 minute

MUG CAKES

4. Decorate, if wanted
5. Cool before eating.

Marshmallow mug cake

Ingredients

10 g butter / marge
1 egg
1½ tablespoons caster sugar
1 tablespoon single cream (or milk)
5 tablespoons plain flour
½ teaspoon baking powder
1 marshmallow

Tools

Microwave oven (on high setting)
Mug (microwave-proof)
Fork
Small bowl

Preparation

1. Measure Butter or marge into bowl and put to soften in warm or microwave for 20 sec.
2. In the mug, beat one by one the egg, sugar, milk, peanut butter, flour, baking powder and butter.
3. Cook in microwave for 1 minute 40 sec
4. Decorate, if wanted
5. Cool before eating.

Lemon mug cake

Ingredients

2½ tablespoons sugar
3 tablespoon milk
4 tablespoons plain flour
¼ teaspoon baking powder
1 tablespoon lemon juice (approx. one lemon)
Lemon zest (optional)

Tools

Microwave oven (on high setting)
Mug (microwave-proof)
Fork
Small bowl

Preparation

1. In the mug, mix all the ingredients one by one
2. Cook in microwave for 1 minute
3. Decorate, if wanted
4. Cool before eating.

Pizza in a mug

Ingredients

1 tablespoons olive oil
3 tablespoon milk
3 tablespoons plain flour
¼ teaspoon baking powder
1 ½ tablespoon tomato sauce (eg pasta)
1 ½ table spoon grated cheese

Tools

Microwave oven (on high setting)
Mug (microwave-proof)
Fork
Small bowl

Preparation

1. In the mug, mix flour, baking powder,
2. Add milk and olive oil and mix with knife
3. Add layer of tomato, then cheese
4. Add any topping
5. Cook in microwave for 1 minute
6. Cool a bit before eating.