



TAG October 7, 2020

## Mug Cakes!

### Materials

- Microwave
- 2 microwavable mugs (no metal decorations)
- Measuring spoons
- Spoon
- Kitchen towel or paper towels

### Pumpkin Cake

#### Ingredients

- 4 tablespoons all-purpose flour
- 1/2 teaspoon pumpkin pie spice (or cinnamon)
- 1/8 teaspoon baking powder
- Pinch of salt
- 1 tablespoon canola oil (or vegetable oil)
- 2 tablespoons maple syrup (or honey)
- 2 tablespoons milk (or dairy-free milk)
- 1 1/2 tablespoons canned pumpkin puree\*

#### Instructions

1. In a microwavable mug, add flour, pumpkin pie spice, baking powder, and salt and mix together.
2. Add oil, maple syrup, milk, and pumpkin puree. Stir together until you can't see any more dry ingredients.
3. Microwave for 60 seconds or until the top is firm to the touch.

\*Pumpkin freezes well, so if you open a can for this and don't intend to finish it in a few days, put it into small plastic containers and freeze. That way, you'll always have some pumpkin ready to make another cake!

## Chocolate Cake

### Ingredients

- 2 tablespoons all-purpose flour
- 2 tablespoons cocoa powder
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 1/4 teaspoon baking powder
- 1 tablespoon canola oil (or vegetable oil)
- 3 tablespoons milk (or dairy-free milk)
- 1/2 teaspoon vanilla extract
- 2 tablespoons chocolate chips

### Instructions

1. In a microwavable mug, add flour, cocoa powder, sugar, salt, and baking powder and mix together.
2. Add oil, milk, and vanilla. Stir together until you can't see any more dry ingredients
3. Sprinkle chocolate chips on top.
4. Microwave for 40 seconds. The cake will be a little undercooked in the middle – if you want a more firm cake, cook for another 10-20 seconds.