Chocolate Mug Cake for kids

Baking · ages 8 to 14 (grades 3rd–8th) · about 8 minutes, plus 2 minutes waiting · serves 1

A chocolate cake that bakes in a mug in about a minute. Let's go! Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 4 tablespoons flour
- 2 tablespoons cocoa powder
- 3 tablespoons sugar
- ¼ teaspoon baking powder
- a pinch salt
- 3 tablespoons milk (or oat milk)
- 3 tablespoons oil
- ¼ teaspoon vanilla
- 1 tablespoon chocolate chips (optional)

Tools

A big microwave-safe mug, Measuring spoons, A whisk or a fork, A big spoon, The microwave (grown-up).

Steps

1. Wash your hands with soap for twenty seconds.
2. Put 4 tablespoons of flour, 2 tablespoons of cocoa powder, 3 tablespoons of sugar, ¼ teaspoon of baking powder and a pinch of salt in a big mug.
3. Stir the dry things together with a fork.
4. Pour in 3 tablespoons of milk, 3 tablespoons of oil and ¼ teaspoon of vanilla.
5. Stir until no dry flour is left. Scrape the bottom!
6. Stir in 1 tablespoon of chocolate chips.
7. Grown-up step: A grown-up cooks the mug in the microwave for 70 to 90 seconds.
8. Grown-up step: A grown-up checks that the top springs back, and cooks 15 more seconds if it's wet.
9. Let it cool for two minutes. The mug is hot!
10. Dig in with a spoon: you made cake in a mug!

Safety notes

- Hot! A grown-up does this part.
- Contains milk, wheat, soy. Swap an ingredient for an allergy where the recipe lists a swap.

- No tasting raw dough or batter: wait till it's cooked.
- Read the label on packets for allergies.
- A bit messy.

Kitchen science

The microwave heats the water in the batter, and the steam plus the baking powder's tiny bubbles puff it up into a cake.

Make it your own

- Stir a spoonful of peanut butter into the batter for a peanut butter mug cake.
- Drop a square of chocolate into the middle before it cooks, for a gooey centre.
- Top it with berries or a spoonful of yogurt.

Questions about chocolate mug cake

How do you make a chocolate mug cake? Stir 4 tablespoons of flour, 2 of cocoa, 3 of sugar, ¼ teaspoon of baking powder and a pinch of salt in a big mug. Stir in 3 tablespoons each of milk and oil and a little vanilla, then microwave for 70 to 90 seconds.

Why did my mug cake come out rubbery? It cooked too long, or it was stirred too much. Stir only until no flour shows, and take it out as soon as the top springs back.

Why use a big mug? The cake rises in the microwave. A mug that is too small spills over, so use one that holds at least 12 ounces.

Is it safe to eat mug cake batter? No. The batter has raw flour in it, so wait until it is cooked.

Free at peabody.kids/kitchen/mug-cake