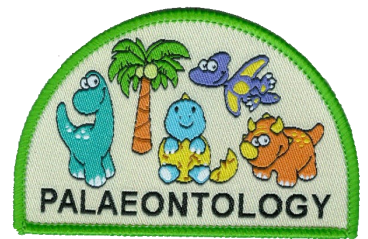


LAVA MUG CAKE



There are many variations of Lava Cake.

Just look through a recipe book or search the internet to find one that suits your needs.

We tested this version in a mug so that we could use it for the PALAEOLOGY badge or/and the I MADE IT IN A MUG badge.



INGREDIENTS

- 1/4 cup plain flour
- 1 tsp baking powder
- 2 tablespoons sugar
- 2 tablespoons cocoa powder
- Pinch of salt
- 2 tablespoons vegetable oil
- 2 tablespoons milk
- 1 choc truffle (or choc melts, small Freddo Frog, Caramello Koala, Flake etc)



METHOD

- Mix together flour, baking powder, sugar, cocoa powder and salt
- Add oil and milk then mix thoroughly
- Place your chocolate item in the centre and push into the mixture
- Cook in microwave for 30 seconds then check. Cook for further 30 seconds. Check if the cake has cooked to your liking. Depending on your microwave you might need to cook a further 10 to 15 seconds. The cake will continue to cook for a little while once it is taken from the microwave.
- Best served with cream, ice cream or custard