

Apple Cinnamon Mug Cake Recipe



Ingredients:

- 3 Tbsp Self-Rising Flour
- 1 Tbsp Sugar
- 1 Tbsp Brown Sugar
- 1 Tbsp Applesauce
- 1 Tbsp Vegetable Oil
- 1 Tbsp Water
- 1/4 tsp Cinnamon

Directions:

- 1) Mix the dry ingredients (flour, sugar, brown sugar, & cinnamon) in a microwave-safe mug.
- 2) Add the applesauce, water, and vegetable oil to the mug. Stir well, until the batter is fairly smooth.
- 3) Microwave on high for 1 minute, or until the cake starts to pull away from the side of the mug by adding 10 seconds at a time.

Mug and cake will be hot!

Things to know:

1. Recipe is for an 8-oz mug. It can easily be doubled, just add 30 seconds.
2. You can use 3 Tbsp All-Purpose Flour instead of Self-Rising. Add 1/8 tsp of baking powder. This recipe has not been successfully made with gluten-free flour (yet!).
3. You can mix in nuts, or top with frosting or whipped cream.