Cake in a mug for Hot Chocolate Friday:

* A mug
* A tablespoon measure (tbsp) and knife (to draw across measure so it's level instead of heaped)
* A fork
* 4 tbsp plain flour
* 4 tbsp caster sugar (or ordinary will do)
* 1 tbsp cocoa powder (or drinking chocolate will be okay)
* 2 tbsp whisked egg - probably easier if this is prepared beforehand
* 3 tbsp milk
* 3 tbsp oil
* Handful of chocolate chips (or bits of broken up chocolate bar)
* Drop of vanilla essence/flavouring (can be left out if you haven't got any)

Add the ingredients to the mug in the order they are written on the list, using the fork to mix as you add each one.

ASK AN ADULT to put the mug in the microwave for 3 mins if it is 1000watt or 4 mins if it is 750 watt.

LEAVE TO COOL for 5 mins before you eat it.

Yum Yum! Enjoy!