



CHOCOLATE

MUG CAKE



Serves
1



Prep Time
3 minutes



Cook Time
2 minutes

Ingredients

3 tbsp of butter, melted or any oil

1 egg

3 tbsp milk

4 tbsp plain flour

3 tbsp sugar

3 tbsp cocoa powder

½ tsp baking powder

Pinch of salt

Instructions

1. Add butter into a mug and microwave for 10 seconds or until butter is melted. Or add oil.
2. Remove mug from microwave and add in egg and milk, beat with fork.
3. Add dry ingredients into the mug and mix with fork until well combined.
4. Place the mug in the microwave and cook for 2 minutes.
5. The cake should be risen and still slightly gooey in the middle.
6. If still undercooked to your liking, cook it further in 10 second intervals in the microwave.
7. Serve with chocolate chips or nutella and nuts on top!

The sugar naturally found in fruits, vegetables and dairy are called *natural sugars*. Once in our bodies, these sugars are broken down into the same molecule (glucose) as are the sugars found in table sugar, honey, maple syrup and fruit juices (free sugars). Foods containing natural sugars contain fibre which can slow the release of sugar into the bloodstream.

Does this mean you can't have ANY free sugars? Of course not! It is recommended that we limit our consumption of free sugars to no more than 10% of our total energy intake. To put this into perspective, based on a 2000 calorie diet, this would equate to 200 calories. One can of sugar-sweetened soda contains 40 grams of sugar which is the equivalent to 160 calories. You might see how this could add up quickly. Eating too much sugar can cause weight gain which is one of the risk factors for developing Type 2 diabetes.