



3-2-1 Mug Cake

1 (16 oz.) box **angel food cake mix**
1 (15.25 oz.) box any flavor cake mix
water
frosting, whipped cream, etc. (optional)

Named 3-2-1 Cake because you mix
3 tbsp. cake mix (1.5 tbsp. angel food cake)
2 tbsp. water

1 minute in the microwave.

When it's finished, carefully take it out of the microwave
(mug will be very warm).



OPTIONS

- Make a Molten Cake by placing a small piece of chocolate in the middle of the cake before microwaving.
- Make a Caramel Apple Cake by adding a little bit of chopped dried apple to the cake before microwaving and then after it's baked top with a drizzle of caramel sauce.
- Make a Cranberry Orange Nut Cake by stirring in chopped nuts, dried cranberries and orange zest before microwaving.
- Top your favorite cake with fruit and whipped cream for a light and tasty "shortcake."
- Drizzle finished cake with chocolate or caramel sauce.
- Spread with your favorite icing or chocolate hazelnut spread.

Keep your bag of cake mix stored in your dry and cool pantry for up to 2 months.

7 Essential Tips for Mug Cake Baking

1. **Use self-rising flour.** You can make a small batch if you can't find it at the grocery store by combining 1 cup all-purpose flour + 3/4 teaspoon baking powder + a pinch of kosher salt, but store-bought self-rising flour will produce better, more consistent mug cakes.

2. **One large egg = two mug cakes.** The recipe developer for this cookbook found that it was impossible to make a one-egg cake with the right ratio of ingredients that would fit in a single average mug. And splitting an egg in two is a pain. Therefore, her recipes make enough batter for two mugs. Be sure to use large eggs, not extra large.

3. **Anything microwaveable will work.** Glasses, jars, ceramic ramekins, or even paper cups. The most important thing is not to fill it more than half full with batter. Use your best judgment and experiment. It only takes one or two mug cakes to become an expert.

4. Again, **don't fill any mug more than half full.** This is the golden rule of mug cake baking. If you stick to that, you will avoid overflow.

5. **Start with the shortest cook time your recipe lists first.** Check the cake by carefully touching the top. It should be firm and springy, not at all doughy. If it's not done, keep cooking it in 15-second bursts.

6. **Mug cakes will be blonde.** The golden brown on the top of a traditional cake is created by caramelization of sugar, which occurs at 320°F. A microwave doesn't get much hotter than 212°F — the vaporization point of water. So your mug cakes won't brown, and that's fine; they may be finished cooking anyways.

7. **Sinking happens.** Mug cakes often deflate a little bit. They still taste delicious and there's no need to be discouraged — but don't fill it up more than halfway; it won't help.

There are a number of substitutes for **buttermilk** in baking. For each cup of **buttermilk**, you can use 1 tablespoon of white vinegar or lemon juice plus enough milk to measure 1 cup. Stir, then let stand for 5 minutes. You can also use 1 cup of plain yogurt or 1-3/4 teaspoons cream of tartar plus 1 cup milk.

In Desserts and Sweet, Baked Goods: Try **substituting** one banana or 1/4 cup **applesauce** for each **egg** called for in a recipe for sweet, baked desserts. These will add some flavor to the recipe, so make sure bananas or apples are compatible with the other flavors in the dessert.

To replace 1 **yolk** or 1 **egg** use 1 Tablespoon of vinegar and 1 teaspoon of baking soda. This mixture is used as an **egg substitute** in baking recipes. cup of tofu blended well with the other recipe ingredients.



Microwave Coffee Mug Brownies

(makes 1 serving)

Ingredients

- 1/4 cup flour
- 1/4 cup sugar
- 2 tablespoons cocoa
- 1/2 tablespoon instant coffee
- A pinch of salt
- A pinch of cinnamon
- 1/4 cup water
- 2 tablespoons melted butter
- 1 or 2 drops vanilla extract

Directions

1. Add the flour, sugar, cocoa, salt, cinnamon, and instant coffee to a microwave-safe ceramic mug. Use a fork to mix together and break apart any clumps.
2. Add butter, water, and vanilla to the mug, and stir until the mixture is smooth.
3. Microwave on high about a 1 minute 40 seconds or until the brownie is cooked all the way through. Each microwave is different, so experiment.
4. Let cool for a minute, then either eat straight or add ice cream or whipped cream on top.
5. Enjoy!



How to Make: **Brownie in a Mug**

What Do I Need Besides the Mug?



Instructions:



Confetti / Rainbow Sprinkles Mug Cake Recipe

4 tbsp. self-rising flour
4 tbsp. sugar
2 tbsp. beaten egg
3 tbsp. milk
2 tbsp. vegetable oil
1/2 tsp. vanilla extract
2 tbsp. rainbow sprinkles

Instructions: Mix the flour and sugar in a mug. Add the egg, milk, oil and vanilla mix it altogether. Stir in the sprinkles. Microwave on high for 1 min.





Apple Cinnamon Mug Cake Recipe

4 tbsp. self-rising flour

4 tbsp. brown sugar

1/4 tsp. cinnamon

3 tbsp. applesauce

2 tbsp. milk

2 tbsp. vegetable oil

cinnamon sugar

Instructions: Mix the flour, sugar and cinnamon in a mug. Add the applesauce, milk and oil and stir until well combined. Sprinkle cinnamon sugar on top. Microwave for 1 hour on high.



VANILLA CAKE BATTER MUG CAKE

INGREDIENTS:

5 Tbsp flour	1 egg
1/4 tsp baking powder	2 tsp vanilla extract
3 Tbsp sugar	2 Tbsp butter, melted
1/4 cup milk	

INSTRUCTIONS:

1. Whisk together dry ingredients in a 16-ounce mug.
2. In a measuring cup, whisk together wet ingredients, then pour into the mug and stir until the batter is smooth.
3. Microwave for 50-70 seconds.



COFFEE CAKE IN A MUG

INGREDIENTS:

1 1/2 Tbsp butter, softened
2 1/2 Tbsp sugar
2 Tbsp applesauce
1/8 tsp vanilla extract
1/4 cup flour

TOPPING:	1 Tbsp brown sugar
1 Tbsp butter, softened	1/4 tsp cinnamon
2 Tbsp flour	

1/8 tsp baking powder
pinch of salt
1/8 tsp cinnamon

INSTRUCTIONS:

1. In a 16-ounce mug, combine butter and sugar. Add applesauce, flour, baking powder, cinnamon, vanilla, and a pinch of salt. Stir until just combined.
2. For the topping, combine flour, brown sugar, and cinnamon in another small bowl. Cut in softened butter. Sprinkle over cake batter.
3. Microwave for 45-75 seconds. Be careful not to over-cook the cake.

BERRY COBBLER MUG CAKE

INGREDIENTS:

- 1/2 cup frozen mixed berries
- 1/2 tsp cornstarch
- 4 tsp granulated white sugar, divided
- 2 tbsp self rising flour
- 1 tbsp sprite or 7-up
- 2 tbsp quick oats
- 1 tbsp unsalted butter, sliced into two thin squares



DIRECTIONS:

1. In a large, microwave safe mug, add berries and sprinkle with cornstarch and 2 tsp of sugar. Slightly toss the berries with your fingers or a spoon so that they are coated in the cornstarch and sugar.
2. In a small bowl, whisk sugar and self rising flour. Pour flour mixture on top of berries. Pour 1 tbsp soda over the flour mixture (this will help keep the flour mixture soft, otherwise it will turn really hard in the microwave). Sprinkle oats on top of the flour. Spread the two slices of butter on top.
3. Place a sheet of parchment paper on top of your mug and cook mug cake at full power in microwave for about 2 minutes. Check on your cobbler. If there are any uncooked oats or flour, push them into the fruit mixture. Cook for about another 30 seconds (still covered with a piece of parchment paper). Let cool a few minutes before serving with ice cream.