

Chocolate Mug Cake

Ingredients:

- 3 tbsp Pure Sunflower Dairy Free spread
- 4 tbsp Doves Farm SR gluten free flour
- 2 tbsp coconut palm sugar (but any sugar would do)
- 1 medium egg
- 2 tbsp cocoa powder
- 3 tbsp rice milk
- 1 tsp vanilla extract

1. Melt the Pure spread in the microwave for about 30 seconds.
2. Once it's melted, beat in the egg then add the rest of the ingredients, mixing them in really well.
3. Cook for 2 minutes 10 seconds (650w microwave). Adjust time for your microwave.
4. Enjoy!