

Blueberry Muffin Mug Cake

This is so delicious and so easy... just don't get into the habit of eating one for breakfast everyday!

INGREDIENTS

- 2 tablespoons butter
- 1 medium egg
- 1 tablespoon low-fat milk
- 1 teaspoon vanilla extract
- 3 tablespoons light brown sugar
- 4 tablespoons self-rising flour
- 1/4 teaspoon ground cinnamon
- pinch of salt
- 3 tablespoons fresh blueberries
- 1/2 teaspoon demerara (raw) sugar

PREPARATION

Place the butter in a 12-ounce mug and microwave for 10–20 seconds until melted. Add the egg, milk and vanilla to the mug and beat with a fork until thoroughly combined.

Add the sugar, flour, cinnamon and salt and beat again until smooth. Fold in half the blueberries and then top with the remainder.

Cook in the microwave. Microwave cooking times differ according to the wattage of your oven. If you have a 600 watt microwave, it'll take 2 minutes 20 seconds; allow 2 minutes for an 800 watt oven and 1 minute 40 seconds for 1,000 watts.

Sprinkle with demerara (raw) sugar and serve while it is still a little warm.

Swap: Swap raspberries for the blueberries or little chunks of pear — and if you do that, throw in a few chocolate chips, too, given they go so well together!

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