



CADET COOKBOOK RECIPE

Microwave Mug Cake

Submitted by Darla

INGREDIENTS

Boxed Chocolate Cake Mix

1 TBS water

2 TBS Unsweetened Apple Sauce or 1/2 small smashed banana

1/2 broken up Hershey's Bar or 10-12 chopped up plain M&M's

Pam Cooking Spray

Microwaveable Mug

DIRECTIONS

Place 6 TBS of cake mix in a bowl, add chocolate and stir to have the cake mix all over the chocolate.

Stir in water and apple sauce/banana

Place in a microwaveable mug that has been sprayed with Pam (nonstick cooking spray)

Flatten out then batter so it is even.

Place in microwave for 1 minute.

Let cool and enjoy!