

## SHOPPING LIST

- 1/4 c All-Purpose Flour
- 1/4 c White Sugar
- 2 Tbsp Unsweetened Cocoa Powder
- 1/8 Tsp Baking Soda
- 1/8 Tsp Salt
- 3 Tbsp Milk
- 2 Tbsp Canola Oil
- 1 Tbsp Water
- 1/4 Tsp Vanilla Extract



FEED THE MASS

## MICROWAVE CAKE

SERVES 1

## LETS START COOKING

1. Mix flour, sugar, cocoa powder, baking soda, and salt in a microwave-safe mug.
2. Stir in milk, canola oil, water, and vanilla extract.
3. Cook in microwave until cake is done in the middle, about 1 minute 45 seconds.



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