



PREP: 5
COOK: 2
SERVES: 1

Healthier Choc Mint Mug Cake

Indulge in the decadent yet guilt-free delight of this Healthier Choc Mint Mug Cake, where rich cocoa notes meet the refreshing coolness of mint. Sweetened naturally with Queen's Sugar Free Maple Flavoured Syrup and topped with their Chocolate Mint Fudge, this single-serve treat is light, wholesome, and ready in minutes straight from the microwave.

Ingredients

1 tbsp olive oil
2 tbsp Queen Sugar Free Maple Flavoured Syrup
1/4 cup Queen Sugar Free Chocolate Mint Fudge Topping
1/4 cup wholemeal self raising flour
Pinch salt

Method

STEP 1

In a mug (or ramekin) combine the olive oil, maple syrup and choc mint syrup and whisk with a fork to combine. Add the wholemeal self raising flour and salt and mix again.

STEP 2

Place in a microwave and cook for around 2 minutes, checking the cake at 1 minute and then cooking in 15sec increments until the top springs back when lightly pressed (everyone's microwave is different so the time will vary depending on your microwave's power).

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Method

STEP 3

Serve warm in cup with an extra drizzle of Choc Mint Syrup.

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