



# CAKE IN A MUG

*Preparation time: Less than 10 minutes*

*Cooking time: Less than 5 minutes*

*Skill level: Easy!*

## INGREDIENTS

- 2 tablespoons plain flour (30g)
- 1 teaspoon baking powder (5g)
- 2 tablespoons caster sugar (30g)
- 1 tablespoon cocoa powder (15g)
- ½ egg (or one small egg)
- 1 tablespoon milk (15g)
- 1 tablespoon malt extract (30g)
- 1 Lindt chocolate truffle

## METHOD

Place all ingredients into your largest mug and stir together to a thick batter with a spoon. Push the lindt truffle into the bottom of the mix.

Microwave on full power for around 90 to 120 seconds keeping an eye it doesn't spill over (stopping if necessary to allow it to drop back down). Take care removing the hot mug from the microwave. Grab a spoon, sit down, put your feet up and enjoy the piping hot freshly cooked mug cake.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

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YOU  
KNOW?**



## MALT..

*the undiscovered ingredient*

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Malt extract is used here as a replacement for oil, making the mug cake slightly healthier, but also bringing a subtle malt sweetness. It rounds off some of the powdery cocoa notes and makes the cake moister and slightly more 'springy'.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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**Muntons**  
Passionate about malt