

Beavers Cook Activity Badge



Activity: Cake in a Mug

You will need

- 1 large mug
- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil or sunflower oil
- a few drops of vanilla essence or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips, nuts, or raisins etc (optional)
- Access to a microwave

Instructions



Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.

Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.

Allow to cool for 5 mins & serve. Great with ice cream!

Risk Assessment

Who is at risk?	Beavers
What are the risks?	Scald from hot cake mixture Allergies
How can the risks be minimized?	Adequate adult supervision Adults to check list of ingredients for possible allergens.