

Epping  
Forest

**foodbank**



**MUG OF  
COFFEE CAKE**

SERVES 2



# MUG OF COFFEE CAKE

## Ingredients

- 2/3 cup of self-raising flour
- 2 teaspoons of instant coffee
- 1/4 cup of brown sugar
- 1 egg
- 1/3 cup cream
- 2 tablespoons of margarine
- Vanilla ice-cream (optional)
- 10g chocolate (optional)





# MUG OF COFFEE CAKE

## Recipe

- 1 | Sift flour and coffee into a medium bowl. Mix in the sugar.
- 2 | Melt the margarine in a jug, whisk in the egg and cream.
- 3 | Combine the wet mixture with the dry mixture in the bowl.
- 4 | Split the mixture between 2 mugs. Place one mug into a microwave and heat on high for 60-80 seconds until the top is set.
- 5 | Repeat with the other mug.
- 6 | Serve with a spoonful of ice-cream and grated chocolate if using,



# MUG OF COFFEE CAKE

## Cost

Self-raising flour - 3p  
Instant coffee - 8p  
Brown sugar - 9p  
Egg - 14p  
Cream - 47p  
Margarine - 5p  
Ice-cream - 10p  
Chocolate - 3p

TOTAL - 99p

