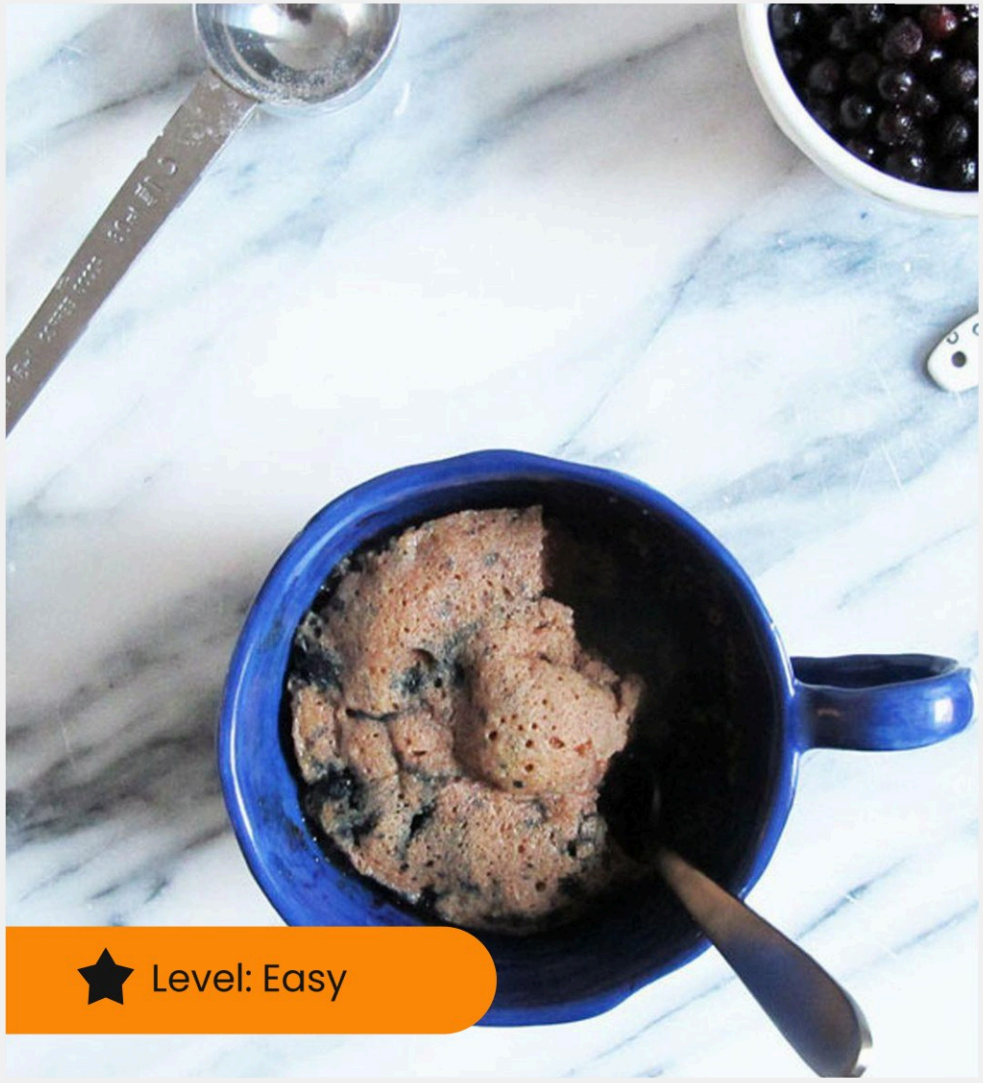
KitchenBooQ

Blueberry Mug Cake

Serving: 1

Cooking Time: 2 mins



Level: Easy

INGREDIENTS

1 tablespoon ground flaxseed
3 tablespoons warm water
2 tablespoons allergy friendly non-dairy milk
1 tablespoon light olive oil
1 teaspoon vanilla extract
5 tablespoons gluten free all-purpose flour
2 tablespoons organic white sugar
1/4 teaspoon baking soda
Pinch fine sea salt
2 tablespoons blueberries

PREPARATION

1. In a small mixing bowl or large mug, combine flaxseed with warm water. Whisk well and set aside for 5 minutes to allow mixture to thicken. This will serve as your “egg” in the recipe.

2. Once “egg” has set, add milk, oil, and vanilla to bowl; whisk until well combined. Add in flour, sugar, baking soda, and salt; mix until just combined so that batter is smooth. Fold in blueberries.

3. If using a mixing bowl, spoon batter into a lightly greased mug. Microwave mug cake on high for 90 seconds to 2 minutes. Timing will vary from microwave to microwave. Take care not to overcook.