



Spiced Lemon and Blueberry Muffin Mug Cake

1 serving



up to 20 Min.



Ingredients:

For the cake:

- 25 g Lightly Salted Butter (1 oz) or margarine
- 15 ml Milk (1 tbsp) Semi Skimmed
- 2.5 ml Dr. Oetker Sicilian Lemon Extract (1/2 tsp)
- 25 g Demerara Sugar (5 tsp) and a sprinkle to decorate
- 40 g Self-Raising Flour (4 tbsp)
- 2.5 g Ground Cinnamon (1/2 tsp)
- 50 g Blueberries (approx 15 Fresh blueberries)
- 1 Medium Egg

- 1 Put the butter or margarine in a 300ml (1/2pt) microwave-proof mug – see tip. Put in the microwave to melt on High power for about 50 seconds.
- 2 Add the egg, milk and Lemon Extract to the mug and beat with a fork until thoroughly combined.
- 3 Add 5 tsp Demerara sugar along with the flour and cinnamon and beat until smooth. Gently mix in 10 blueberries and sprinkle the rest on top.
- 4 Cook in the microwave on High power (850 watt) for about 2 minutes until well risen and springy to the touch – the blueberries will burst and dribble juice down the side of the mug. Or 750w for about 2 minutes 15 seconds. Stand for 1 minute. (Caution, mug will be hot) Remove from the microwave; sprinkle the top with the remaining sugar and leave to cool for about 5 minutes before enjoying warm, straight from the mug.



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Tip from the Test Kitchen

- Check the capacity of your mugs by filling them with water and then measuring the water quantity in a jug. If you use a mug smaller in the size, the mixture will bubble out into the microwave and won't cook properly. You can use a mug that is larger in capacity but the mixture will cook lower down in the mug.
- You can eat the muffin straight from the mug but if you want to turn it out, simply run a knife round the edge and tip upside down on to a plate to remove.

