

Moccha Fudge Love Pudding in a Mug

makes 2

1/2 cup plain flour
1/4 cup Akta-Vite
1 tsp coffee powder
1/2 tsp baking powder
1 tbs brown sugar
pinch salt
150ml milk
4 tbs vegetable oil (or grapeseed etc.)

In a small bowl, place the flour, Akta-Vite, coffee powder, baking powder, sugar and salt. Stir together to combine.

Measure the milk into a small measuring jug then whisk in the oil with a fork or small whisk.

Pour the milk & oil mix into the dry mix and continue to stir until the Akta-Vite and coffee powder has mostly dissolved.

Divide the mixture between two mugs (not too big) then place on a piece of kitchen paper (in case of overflow!) in your microwave. Microwave on high for 70 seconds. You may need to alter this according to your microwave's power. The puddings are ready when they are cooked and pulling away from the edges a bit with a little bit of liquid in the middle.

Remove from microwave, top with a small scoop of vanilla ice cream and a sprinkle of Akta-Vite.

Eat immediately with your very lucky loved one!