



## Muffins in a Mug



### Ingredients

298g can of Princes Mandarin Segments with Juice  
50g self-raising flour  
30g caster sugar  
15g cocoa powder  
20g chocolate chips  
1 large egg  
3tbsp vegetable oil  
3tbsp milk  
2-3 drops vanilla extract



These microwaved muffins-in-mugs only take minutes to make. Enjoy!

**Cooks Tips:**

Make sure that the mugs you use have a capacity of at least 250ml, so that the mixture doesn't overflow.

For an easy variation, use a 220g can Princes Peach Chunks with Juice instead of mandarin segments. For a plain vanilla sponge, omit the cocoa powder and chocolate chips, and use a total of 65g of self-raising flour.

Avoid over-mixing the wet and dry ingredients when you combine them.

	Calories	Sugars	Fat	Saturated Fat	Salt
216g	449	29g	26g	5.1g	0.39g
RI%	22%	32%	37%	26%	7%

### Method

1. Drain the can of mandarin segments. Reserve a few for the topping, then share the remainder between 2 mugs with a capacity of 250ml.
2. Mix together the flour, sugar and cocoa powder in a mixing bowl. Add most of the chocolate chips, reserving a few for the top.
3. Beat together the egg, vegetable oil, milk and vanilla extract.
4. Stir the wet ingredients into the dry ingredients, mixing quickly and thoroughly, but do not over-beat. Share between the two mugs.
5. Cook each one separately in the centre of the microwave for 1½-2 minutes on HIGH, until the mixture has risen.
6. Serve, topped with the reserved mandarins and chocolate chips.

