

**Put 2 tablespoons of self-raising flour into
your mug.**

Add 2 tablespoons of sugar

Add 1 tablespoon of cocoa

Mix well.

Add 2 fl oz of the egg/milk/oil mixture

Mix well.

Cook in the microwave for 1½ - 2 minutes.

Let it cool for a few minutes.

Tip it out onto a plate.

Enjoy!