

Cool recipe - mmmmm. IF this doesn't cure what ails you, nothing will. How easy and a small amount instead of a whole cake -- add nuts too. You can put the chocolate chips just in the center and have a filling -- yummy or put them on top for a gooyeee icing.

5 MINUTE CHOCOLATE MUG CAKE

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| 4 tablespoons cake flour | 4 tablespoons sugar |
| 2 tablespoons baking cocoa | 1 egg |
| 3 tablespoons milk | 3 tablespoons oil |
| a small splash of vanilla essence | 3 tablespoons chocolate chips (optional) |

1 coffee mug - (You can also do all the above in a bowl and then pour it in your mug)

Put dry ingredients in mug mix well.



Add the egg and mix thoroughly.



Pour in the milk and oil and mix well.



Microwave for 3 minutes at 1000 watts.



Add the chocolate chips (if using) and vanilla essence, and mix again.

The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.
EAT!



Note: This can serve 2 if you want to feel slightly more virtuous. And why is this most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night.

And now, it's time for TALES OF THE WEIRD!

Did you know you can make an omelet in Ziploc bag? It's true, my friends. No omelet pan, no flipping, no breaking. Just pure and simple egg goodness. There's not even a need to get out a bowl to beat the eggs in. Of course, if you're like me, you enjoy breaking out the omelet pan and trying to master the flip.

Ingredients

- 2 eggs
- Your choice of add-ins (ham, bacon, onions, peppers, cheese, hash browns, etc.)

Set a large pot of water to boil. Meanwhile, crack the eggs into the bag, and shake to combine them. Put in your ingredients and shake gently to combine.

Before placing the bag in the boiling water, make sure to get the air out of the bag and zip it up. Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot.

Open the bags and the omelet will roll out easily. Be prepared to be amazed.

