

Micro Cake Mugs Set



Your favourite Mug Cake in 2 minutes!

Micro Cake Mugs Set with RECIPE FAN

To support the launch of the Micro Mug Cakes Set we have in the next slides a sum up of all the recipes you can find in the recipe fan.

INTRO



Quick Index



[1 Baby Spinach and Parmesan Mug Cake](#)



[2 Exotic Prawn Mug Cake](#)



[3 Raspberry and Almond Mug Cake](#)



[4 Apple Mug Cake](#)

RECIPES



[5 Blueberries and Ricotta Mug Cake](#)



[6 Carrot Mug Cake](#)



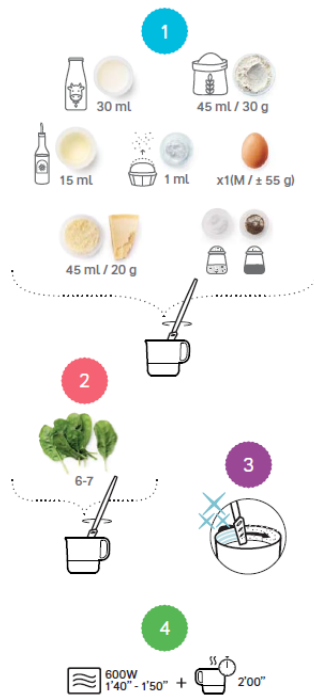
[7 Banana, Chocolate and Cream Mug Cake](#)



[8 Choco-Hazelnut Mug Cake](#)

Baby Spinach and Parmesan Mug Cake

RECIPES

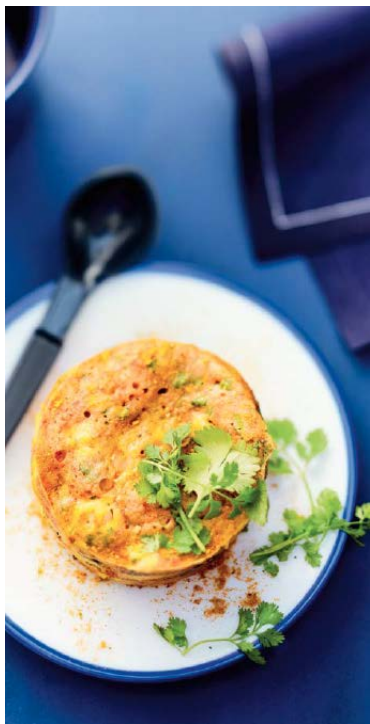


- 30 ml milk
- 45 ml / 30 g all purpose flour
- 15 ml sunflower oil
- 1 ml baking powder
- 1 egg (medium sized, ± 55 g)
- 45 ml / 20 g grated Parmesan
- Salt and pepper
- 6 or 7 leaves baby spinach

1. Pour the milk, flour, oil, baking powder, egg, grated Parmesan, salt and pepper into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
2. Add the baby spinach leaves and stir again.
3. Scrape the sides of the mug to clean them.
4. Microwave for 1 min. 40 to 1 min. 50 at 600 watts.
5. Allow to stand for 2 min.

Exotic Prawn Mug Cake

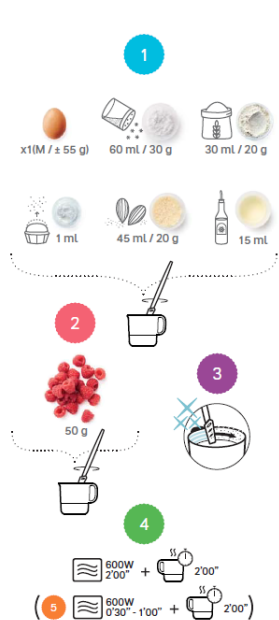
RECIPES



- 1 egg (medium sized, ± 55 g)
 - 45 ml / 30 g all-purpose flour
 - 15 ml sunflower oil
 - 2 ml baking powder
 - 2 ml curry
 - 15 ml heavy cream
 - Salt and pepper
 - 10 cilantro leaves, chopped
 - 75 g cooked prawns or surimi, chopped
1. Pour the egg, flour, oil, baking powder, curry, heavy cream, salt and pepper into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
 2. Add the chopped cilantro and prawns, and stir again.
 3. Scrape the sides of the mug to clean them.
 4. Microwave for 2 min. at 600 watts. Allow to stand for 2 min.
 5. If needed microwave for 30 sec. more at 600 watts. Allow to stand for 2 min.

Raspberry and Almond Mug Cake

RECIPES

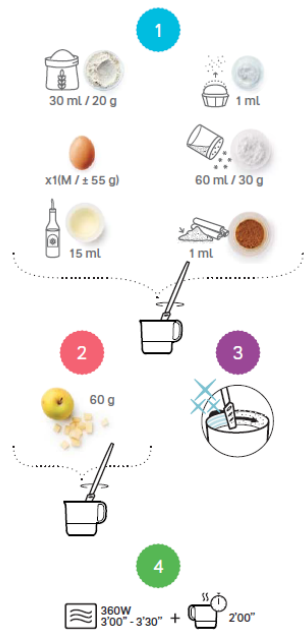


- 1 egg (medium sized, ± 55 g)
- 60 ml / 30 g icing sugar
- 30 ml / 20 g all-purpose flour
- 1 ml baking powder
- 45 ml / 20 g almond powder
- 15 ml sunflower oil
- 50 g raspberries

1. Pour the egg, icing sugar, flour, baking powder, almond powder and oil into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
2. Add the raspberries and stir again.
3. Scrape the sides of the mug to clean them.
4. Microwave for 2 min. at 600 watts. allow to stand for 2 min.
5. If needed microwave for 30 sec. to 1 min. more at 600 watts and allow to stand for 2 min.

Apple Mug Cake

RECIPES

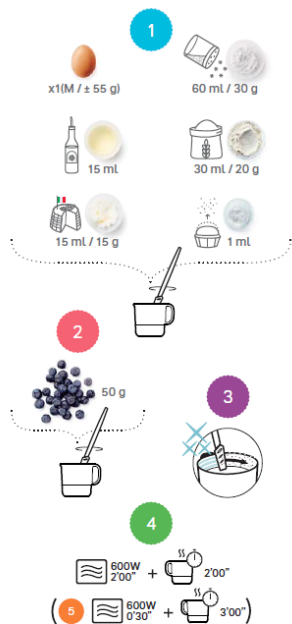


- 30 ml / 20 g all-purpose flour
- 1 ml baking powder
- 1 egg (medium sized, ± 55 g)
- 60 ml / 30 g icing sugar
- 15 ml sunflower oil
- 1 ml cinnamon
- 60 g apple, peeled and cut into small pieces

1. Pour the flour, baking powder, egg, icing sugar, oil and cinnamon into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
2. Add the peeled and diced apples, and stir again.
3. Scrape the sides of the mug to clean them.
4. Microwave for 3 min. to 3 min. 30 seconds at 360 watts.
5. Allow to stand for 2 min.

Blueberries and Ricotta Mug Cake

RECIPES

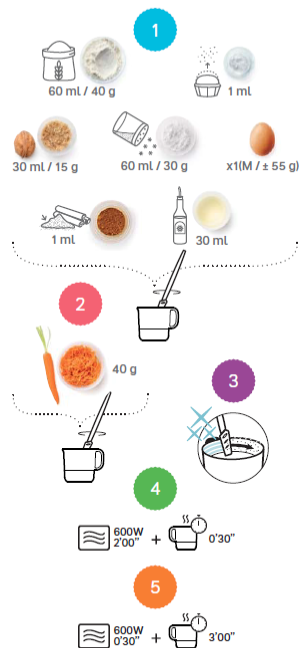


- 1 egg (medium sized, ± 55 g)
- 60 ml / 30 g icing sugar
- 15 ml sunflower oil
- 30 ml / 20 g all-purpose flour
- 15 ml ricotta cheese
- 1 ml baking powder
- 50 g blueberries

1. Pour the egg, icing sugar, oil, flour, ricotta and baking powder into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
2. Add the blueberries and stir again.
3. Scrape the sides of the mug to clean them.
4. Microwave for 2 min. at 600 watts. And allow to stand for 2 min.
5. If needed microwave for 30 sec. more at 600 watts and allow to stand for 3 min.

Carrot Mug Cake

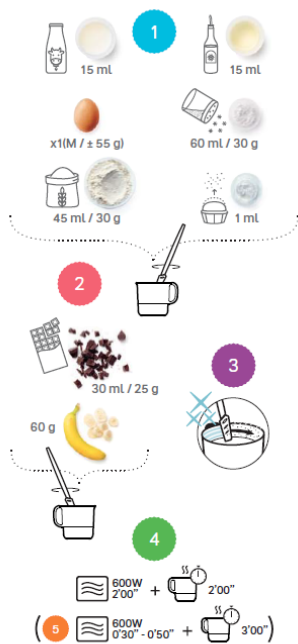
RECIPES



- 60 ml / 40 g all-purpose flour
 - 1 ml baking powder
 - 30 ml / 15 g ground walnuts
 - 60 ml / 30 g icing sugar
 - 1 egg (medium sized, ± 55 g)
 - 1 ml cinnamon
 - 30 ml sunflower oil
 - 40 g carrots, peeled and grated
1. Pour flour, baking powder, ground walnuts, icing sugar, egg, cinnamon and sunflower oil into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
 2. Add the peeled and grated carrots, and stir again.
 3. Scrape the sides of the mug to clean them.
 4. Microwave for 2 min. at 600 watts and allow to stand for 30 sec.
 5. Microwave again for 30 sec. and allow to stand for 3 min.

Banana, Chocolate and Cream Mug Cake

RECIPES

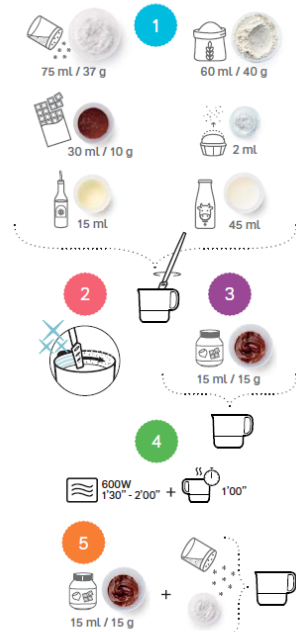


- 15 ml milk
- 15 ml sunflower oil
- 1 egg (medium sized, ± 55 g)
- 60 ml / 30 g icing sugar
- 45 ml / 30 g all-purpose flour
- 1 ml baking powder
- 30 ml / 25 g chocolate chunks
- 60 g banana, diced
- Whipped cream for serving

1. Pour milk, oil, egg, icing sugar, flour and baking powder into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
2. Add the chocolate chunks and the diced banana and stir again.
3. Scrape the sides of the mug to clean them.
4. Microwave for 2 min. at 600 watts and allow to stand for 2 min.
5. If needed microwave for 30 to 50 sec. more at 600 watts and allow to stand for 3 min.
6. Serve with whipped cream.

Choco-Hazelnut Mug Cake (Nutella)

RECIPES



- 75 ml / 37 g icing sugar
- 60 ml / 40 g all-purpose flour
- 30 ml / 10 g cacao
- 2 ml baking powder
- 15 ml oil
- 45 ml milk
- 15 ml / 15 g choco-hazelnut spread
- 15 ml / 15 g choco-hazelnut spread and icing sugar for topping

1. Pour icing sugar, flour, cacao, baking powder, oil and milk into the **Mug Cake**. Mix using the **Silicone Spatula Thin**.
2. Scrape the sides of the mug to clean them.
3. Add 15 ml choco-hazelnut spread in the middle without stirring.
4. Microwave for 1 min. 30 sec. to 2 min. at 600 watts. and allow to stand for 1 min.
5. Add 15 ml choco-hazelnut spread on top and sprinkle with icing sugar.