

CRUNCH TIME

Carrot Cake in A Mug



Serve Information: 4 Carrot Cakes

INGREDIENTS:

80g Butter
100g Self-raising flour
120g Brown sugar
1 tsp Ground cinnamon
2 Eggs
Half of a carrot, peeled
4 Tbsp sultanas
1 Tsp vanilla essence

INGREDIENTS:

50g Cream cheese, softened
50g Butter, softened
100g Icing sugar
4 Walnuts

EQUIPMENT:

Microwave safe bowl to melt butter
Cling wrap
4 coffee mugs (or 4 large tea cups),
microwave safe
Several spoons
4 forks
2 small mixing bowls
Chopping board
Box grater
Small knife
2 small plates

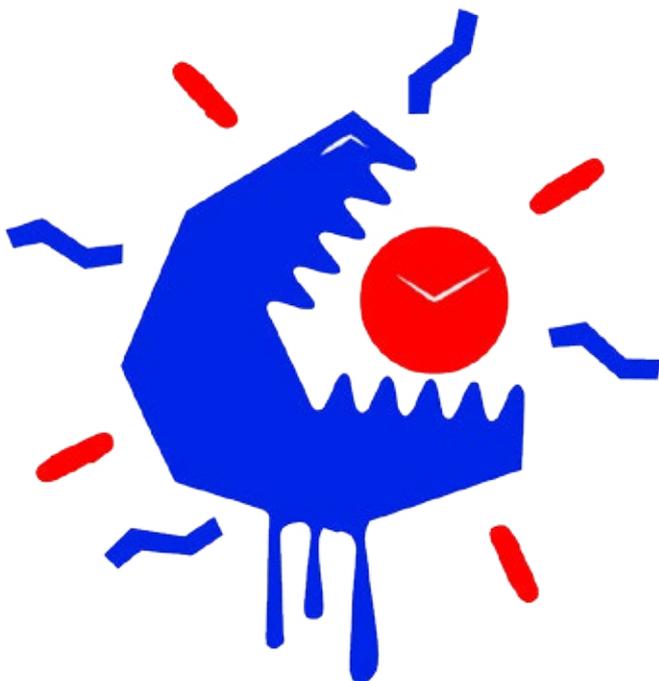


METHOD:

1. Melt the butter in the microwave, loosely covered, on high for 1 minute
2. In 4 coffee mugs, spoon equal amounts of the flour, sugar and cinnamon and mix well with a fork
3. Crack the eggs into a bowl. Whisk with a fork. Pour equal amounts of egg into each mug
4. Grate the carrot and place equal amounts of carrot into each mug
5. Add equal amounts of sultanas, melted butter and vanilla essence in to each mug and combine well
6. Cover loosely with cling wrap and microwave on high for 3 minutes.
7. While the cakes are cooking, make the icing. Use a spoon to cream together the cream cheese, butter and icing sugar
8. Check the cakes if they need longer cooking. May need an extra 1 minute
9. Take cakes out of microwave and carefully remove the cling film
10. Run a knife around the inside of two mugs to loosen.
11. Tip two cakes out on to plates and leave two inside mugs to show different types of plating.
12. Dollop the icing on top of the cakes and top with a walnut

ADDITIONAL NOTES:

Peel carrot
Cream cheese and butter to be at room temperature, softened



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