



**GET TOGETHERS**

Bringing people together through food

# Brownie in a mug with fresh berries

Save time and reduce washing up by making and cooking this brownie recipe in a mug!

**Organisation and skill:** ★★

**Cost:** £££

**Portion-wise:** Makes 1 serving

**Store-wise :** Eat this while still warm. Not suitable for keeping as the mixture will dry out.

## Equipment

- Medium sized mug, suitable for microwave
- Measuring scales
- Tablespoon
- Teaspoon
- Microwave

## Ingredients

- 30g plain flour (can use gluten free)
- 50g caster sugar
- 13g cocoa powder
- Pinch of salt
- Small pinch of cinnamon (optional)
- 4 tablespoons (60ml) water
- 2 tablespoons (30ml) melted butter or rapeseed oil
- 1/4 teaspoon vanilla extract
- 1 handful of fresh or frozen berries, e.g. raspberries, blackberries, strawberries, blueberries

## How to make it

- 1** Measure the dry ingredients into the mug, these are the flour, sugar, cocoa, salt and cinnamon. Mix with a spoon to break up any lumps.
- 2** Add the wet ingredients; the melted butter or oil, water and vanilla. Mix well until smooth. The mixture will be quite wet and look shiny.
- 3** Microwave on high power until the mixture is just cooked. In a 1000-watt microwave, this is likely to take just 1 minute and 40 seconds.
- 4** Leave the brownie to stand for 1 minute before topping with the fresh or defrosted frozen berries.

### Serving suggestions:

Just pop the fresh fruit on top of the brownie and enjoy!

Can be served with ice-cream or cream for an extra special treat.

### Allergy aware

This recipe contains:  
Cereals containing gluten (flour)  
Milk (butter)

## Eat well

- This is a real treat and should be eaten occasionally as part of a balanced diet.
- The addition of fresh berries adds vitamins and fibre to the pudding.

## Shopping

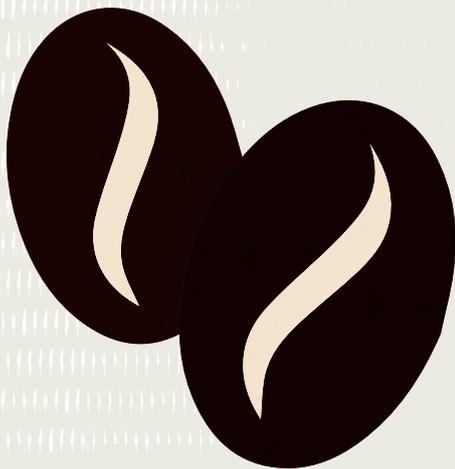
- You will probably have most of the ingredients for this recipe in your store cupboard.
- Having a well-stocked store cupboard means you can cook from scratch and create interesting and varied recipes.

## Cooking together

- The simplicity of this recipe means that everyone can give it a go.
- In a group situation, you may be limited by access to a microwave as you can only do one mug of mixture at a time.

## Sustainability – good for you, good for the planet

- Grow your own soft fruit – it is easy and much more economical than buying it from a supermarket.
- Support cocoa farmers with their commitment to sustainable pricing and adapting to the climate crisis by choosing Fairtrade cocoa.



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