

Chocolate Oatmeal Mug Cake - No Flour

Ingredients

- 4 tbsp Quaker® Oats-Quick 1-Minute Oats
- 3 tbsp cocoa powder
- 2 tbsp honey
- 1/4 tsp baking powder
- 2 tbsp oat milk
- 1 tbsp oil (canola, avocado, or other substitute)
- 1 egg white
- 1/4 tsp vanilla

How to make it

1. In a spice grinder or blender, add Quaker oats and pulse or process until it becomes a fine oat flour/powder.
2. Transfer to a small bowl and add cocoa powder, sugar, and baking powder- stir to combine. Add oat milk, oil, egg white and vanilla- mix well to incorporate so that there are no clumps.
3. Scrape down any excess batter on the sides of the bowl and divide between 2 microwave-safe mugs or large ramekins. (optional: add chocolate chips)
4. Cook for approximately 1 minute and 30 seconds, or until the cake is set and evenly cooked all the way through. (Microwave for additional 15 second intervals if extra time is needed).
5. Allow to set for 30 seconds, then carefully remove from the microwave, and enjoy!



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
3 min	2 min	5 min	2

Made with



Quaker® Oats-Quick 1-Minute Oats