

**DANGEROUS CHOCOLATE CAKE-IN-A-MUG**

- 1 coffee mug
- 4 Tbsp. Cake flour (plain, not self-rising)
- 4 Tbsp. Sugar
- 2 Tbsp. Cocoa
- 1 egg
- 3 Tbsp. Milk
- 3 Tbsp. Oil
- Small splash of vanilla
- 3 Tbsp. Chocolate chips, optional

Add dry ingredients to mug, mix wll with a fork.  
Add egg, mix thoroughly.  
Pour in milk and oil and vanilla, mix well.  
Add chips, if using.  
Put mug in microwave, and cook for three minutes on 1000 watts.  
Cake will rise over top of mug--do not be alarmed!  
Allow to cool a little; tip onto a plate if desired.  
Eat!  
(This can serve two if you want to feel slightly more virtuous.)  
\*\*\*And WHY is this the most dangerous cake recipe in the world?  
Because now we are all only five minutes away from chocolate cake any time of the day or night!!!\*\*\*



Share a hug today.

Share & Care

1. Carol Cornwell had knee surgery and is on the mend.
2. Suzie Rodriguez will be having surgery for colon cancer on 10/22/08.
3. Carol Sue Mill's mother has passed on.
4. Vi Moore has finished her radiation therapy and doing well.
5. Mary Ann Evan's husband is getting better.
6. Tressie Alvernaz has been traveling in South America.

