## Apple Cinnamon Mug Cake

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| **Serves** | 1 |
| **Prep time** | 7 minutes |
| **Cook time** | 1 minute |
| **Total time** | 8 minutes |

**Ingredients**

* 3 tablespoons flour
* 1 heaping tablespoon brown sugar
* 1/2 teaspoon ground cinnamon
* 1/8 teaspoon baking powder
* 1 tablespoon applesauce
* 1/2 tablespoon vegetable oil
* 1/2 tablespoon milk
* 1/8 teaspoon vanilla extract

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|  | In a small mug, mix together dry ingredients very well. Add applesauce and mix until just combined (it will be thick and sticky) and then add veg oil, milk and vanilla and stir until wet; do not overmix. |
|  | Microwave on high for about 45 seconds. Top with ice cream. |