

FORT FOOD

THINGS WE NEED:

LARGE MUG EACH

TABLESPOON EACH

MICROWAVE

INGREDIENTS PER PERSON:

4 SPOONS OF SELF RAISING FLOUR

4 SPOONS OF CASTER SUGAR

2 SPOONS OF COCOA POWDER

1 EGG

2 SPOONS OF MILK

3 SPOONS OF SUNFLOWER OIL

3 SPOONS OF CHOCOLATE CHIPS

A SMALL DASH OF VANILLA EXTRACT

OPTIONAL EXTRAS: SMARTIES, ROLOS,

MALTEASERS ETC

ICE-CREAM



HOW TO MAKE IT:

ADD DRY INGREDIENTS (FIRST THREE ON THE LIST) TO THE MUG AND MIX WELL.

ADD THE EGG AND MIX THOROUGHLY

ADD THE MILK & OIL - MIX WELL (DON'T FORGET THE BOTTOM EDGES)

ADD THE CHOC CHIPS & VANILLA EXTRACT, SMARTIES ETC AND MIX AGAIN.

PUT MUG IN THE MICROWAVE AND COOK FOR 2.5 MINUTES THE CAKE WILL RISE ABOVE THE TOP OF THE MUG...DON'T WORRY...IT'S SUPPOSED TO!

ALLOW TO COOL A LITTLE THEN TIP OUT ONTO A PLATE.

ADD LOTS OF ICE-CREAM, GO BACK TO THE FORT TO TUCK IN!

