

# APPLE SPICE MUG CAKE

Serves: 1 | Preparation: 1 minute | Total: 5 minutes

Difficulty: Easy



## INGREDIENTS

- 4 tablespoons flour
- ½ teaspoon cinnamon
- ¼ teaspoon baking powder
- 2–3 tablespoons packed brown sugar
- Pinch of salt
- ¼ cup unsweetened applesauce
- 2 tablespoons oil

## Glaze

- 2 tablespoons powdered sugar
- Pinch of cinnamon
- ½ teaspoon milk or water

## INSTRUCTIONS

1. In a microwave safe mug or dish, combine flour, cinnamon, baking powder, and salt. Stir in applesauce, brown sugar, and oil.
2. Microwave on 1-minute increments for 3–4 minutes, or until a toothpick comes out clean.
3. In a separate dish, combine powdered sugar, cinnamon, and water/milk. Drizzle glaze over cake while still warm.