

## One Minute Chocolate Cake

	1 person	2 people	3 people	4 people	5 people	6 people
Cocoa powder	5 tsp.	3 Tbsp. + 1 tsp.	5 Tbsp.	6 Tbsp. + 2 tsp.	1/2 cup rounded	5/8 cup
Flour	7 tsp.	5 Tbsp.	7 Tbsp.	5/8 cup	3/4 cup	7/8 cup
Sugar	5 tsp.	3 Tbsp. + 1 tsp.	5 Tbsp.	6 Tbsp. + 2 tsp.	1/2 cup rounded	5/8 cup
Baking Powder	1/4 tsp.	1/2 tsp.	3/4 tsp.	1 tsp.	1 1/4 tsp.	1 1/2 tsp.
Salt	1/8 tsp.	1/4 tsp.	3/8 tsp.	1/2 tsp.	5/8 tsp.	3/4 tsp.
Oil (coconut or canola)	1 Tbsp.	2 Tbsp.	3 Tbsp.	1/4 cup	5 Tbsp.	3/8 cup
Soy milk	3 Tbsp.	3/8 cup	1/2 cup + 1 Tbsp.	3/4 cup	scant 1 cup	1 cup + 2 Tbsp.
Vanilla extract	1/2 tsp.	1 tsp.	1 1/2 tsp.	2 tsp.	2 1/2 tsp.	1 Tbsp.

Combine dry ingredients and mix very, *very* well. Add liquid, stir, then transfer to a little dish or even a coffee mug. Microwave ~40 seconds until it puffs up in all portions of the cup, but only *just until* it does this, do not cook it a second beyond this point. If you don't want to eat it straight out of the dish, be sure to spray your dish first (and then wait for it to cool before trying to remove it). Please use only ceramic mugs or cups--no plastic in the microwave, not safe. Original recipe: <http://tinyurl.com/7eamg3o>



### Frosting

- 1/4 cup soynut butter (or other nut butter)
- 4-8 tsp pure maple syrup
- 2 Tbsp cocoa powder
- 4 tsp. soy milk or milk of choice (or more for thinner frosting)
- 3/4 tsp. pure vanilla extract