



Black & White Lava Brownie Cake in a Mug + Brilliant Berry Swirl

By Erin Fletter

Prep Time 10 / **Cook Time** 2 / **Serves** 1 - 2

Fun-Da-Mentals Kitchen Skills

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

mix: to thoroughly combine two or more ingredients until uniform in texture.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

Equipment

- Microwave
- Microwave-safe mug
- Measuring spoons
- Potholders
- Metal spoon for mixing
- Plate
- Fork for mashing

Ingredients

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- 1 T unsalted butter ******(for DAIRY ALLERGY sub vegetable oil or dairy-free butter, like Earth Balance)******
- 2 T sugar
- 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1 egg ******(for EGG ALLERGY sub 1/2 ripe banana, mashed, or 1 T applesauce)******
- 2 T cocoa powder ******(for CHOCOLATE ALLERGY sub carob powder)******
- 3 T milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 2 T + 2 tsp all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free flour blend with xanthan gum)******
- 1 pinch salt
- 2 heaping T white chocolate chips ******(for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand white chocolate chips)******
- 1 handful fresh raspberries, or frozen and thawed ******(for RASPBERRY ALLERGY sub blueberries)******
- 1 pinch granulated sugar

Food Allergen Substitutions

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Dairy: Substitute vegetable oil or dairy-free butter, like Earth Balance, for unsalted butter. Substitute dairy-free/nut-free milk for milk. Use Enjoy Life brand white chocolate chips.

Egg: For 1 egg, substitute 1/2 ripe mashed banana or 1 T applesauce.

Chocolate: Substitute carob powder for cocoa powder.

Gluten/Wheat: Substitute gluten-free flour blend with xanthan gum for all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Nut: Use Enjoy Life brand white chocolate chips.

Soy: Use Enjoy Life brand white chocolate chips.

Instructions

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melt + measure + crack + mix

Microwave **1 tablespoon butter** in your mug for 30 to 40 seconds until it melts. Measure and add **2 tablespoons sugar** and **1/2 teaspoon vanilla extract**. Crack **1 egg** and add it to the mug. Mix well!

measure + add + mix

Measure and add **2 tablespoons of cocoa powder** to the mug. Mix vigorously until the cocoa powder is combined with the wet ingredients. They will want to stay separated but keep mixing until thoroughly combined.

measure + add + mix again

Measure and add **3 tablespoons milk, 2 tablespoons + 2 teaspoons flour**, and **1 pinch of salt** and mix again, tilting the mug to make it easier to mix.

add + cover + microwave

Once ingredients are thoroughly mixed, drop **2 tablespoons of white chocolate chips** into the center of the batter, one by one. They will sink slightly into the batter. Push them down gently with a metal spoon so that when they melt, they will form a liquid lava center. Cover the mug with a damp paper towel or dish towel and microwave on high for 1 minute. Let rest for 30 seconds. Then microwave for a final 30 seconds. Remove mug with potholders and let cool slightly.

sprinkle + mash + spoon

While the brownie cake cools, add **1 handful of raspberries** to a plate and sprinkle them with **1 pinch of sugar**. Use a fork to mash the berries to a pulp. Spoon this Brilliant Berry Swirl mixture over your Black & White Lava Brownie Cake and dig in!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods

like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet.

They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.