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**Mug Cake The  
Ultimate Vegan**

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## Access Free Mug Cake The Ultimate

Vegan Mug Cake

How to make Vegan  
Mug Cake. Add some

all purpose flour, cocoa

powder, sugar, baking

powder and salt to a

coffee mug. Mix it up.

Add some non-dairy

milk, vegetable oil and

vanilla extract to the

dry ingredients and

mix it up into a smooth

batter. Add in some

vegan chocolate chips.

Fold them into the

batter.

**Vegan Mug Cake -**

*Page 8/26*



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### **Loving It Vegan**

Instructions. In a microwave-safe mug, add all the dry ingredients - flour, sugar, cocoa powder, baking powder, baking soda, salt. Mix well.

Now add all the wet ingredients - vanilla essence, coconut oil, soy milk. Mix \*really\* well for 2-3 minutes or until the mixture is silky smooth.

### **Vegan Chocolate**

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### **Mug Cake | THE**

### **BEST 2 Minutes**

### **Vegan Cake**

Put the milk in a microwave-safe mug, add the lemon zest and juice and leave to sit for 2-3 mins. It should start to look a bit grainy, as if it has split. Stir in the sunflower oil, flour, sugar and bicarbonate of soda.

### **Vegan mug cake recipe - BBC Good Food**

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This vegan cookie mug cake is exactly what you need when you don't want to pull out all of your baking equipment. It's dairy free, egg free and uses basic pantry ingredients that you likely already have. Baked in the microwave in just 1 minute and 30 seconds. And after this super long and stressful week...I need comfort and I need it

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Vegan Mug Cake  
fast!

Cookbook Quick

**Vegan Cookie Mug  
Cake (vegan, dairy  
free, & egg free ...**

Vegan cake in a mug  
will be your new  
favorite treat as it is  
super easy and quick!

Vegan Mug Cake  
Recipes When you are  
in a hurry in the

morning, or just  
craving something  
sweet at 11PM, you  
don't have to panic  
and look up the

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business hours of the  
nearest grocery shop  
to buy bags of  
chocolate.

### **24 Easy Vegan Mug Cake Recipes in The Microwave | The ...**

Banana bread mug  
cake - replace the oil  
with 1 tablespoon of  
mashed banana and  
add a few drops of  
banana extract. This  
will also be a great  
option to make an oil-  
free vegan mug cake.

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Chocolate vegan  
microwave cake - add  
2 teaspoons of cacao  
powder or cocoa  
powder and a splash  
more non-dairy milk  
into the batter.

### **Vegan vanilla mug cake no egg, no milk - The Conscious ...**

A Vegan Chocolate  
Mug Cake made in the  
microwave that is so  
rich, so decadent and  
so perfect, it is hard to  
believe it is gluten-

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CAKE

free, oil-free and has  
no eggs! Truly, it is the  
most delicious  
chocolate mug cake  
recipe ever. Only 8  
ingredients and ready  
in 5 minutes! VEGAN  
CHOCOLATE MUG CAKE

## **Vegan Chocolate Mug Cake (Gluten- free) - The Vegan 8**

Mug cake recipe:  
Combine dry  
ingredients and mix  
very, very well. Add  
liquid, stir, then

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transfer to a little dish,  
ramekin, or even a  
coffee mug. Either  
microwave 30-40  
seconds OR cook in a  
350F oven for about 14  
minutes.

### **One Minute Vegan Chocolate Mug Cake**

Add the water,  
applesauce, syrup,  
vanilla and ONLY 1  
tablespoon (15g) of the  
chocolate chips. Stir  
until well mixed and  
moistened, making



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sure to get the flour  
from the bottom but  
don't overmix.

### **Healthy Chocolate Mug Cake (Low-Fat!) - The Vegan 8**

In a mug, add in the  
oil, milk, sugar and  
cocoa powder. Whisk  
together for about 15  
seconds. Add in the  
flour, baking powder,  
sea salt and vanilla  
extract. Stir to combine  
for about 30 more  
seconds to ensure it's

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all incorporated,  
ensuring you get the  
bottoms too.

### **Chocolate Mug Cake (Vegan) - Jessica in the Kitchen**

Need a quick chocolate  
fix? Try making this  
easy vegan chocolate  
mug cake with store  
cupboard ingredients.

Easy and delicious!

Vegan Mug Cake 2  
tbsp all ...

### **Vegan Mug Cake I**

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### **The Buddhist Chef - Thrill Recipe**

A mug cake is literally a single serving cake, made in a mug and cooked in the microwave. Basically the best invention ever!! I wanted to create a super chocolatey vegan mug cake that was also incredibly simple to throw together when you need a chocolate fix and quick!

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### **Chocolate Vegan Mug Cake - Nora Cooks**

Instructions. In a mug, add in the oil, milk, sugar and pumpkin puree. Whisk together for about 15 seconds. Add in the flour, baking powder, pumpkin spice, sea salt and optional vanilla extract. Stir to combine for about 30 more seconds to ensure it's all incorporated, ensuring you get the bottoms

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Vegan Mug Cake  
too.

Cookbook Quick  
**Pumpkin Mug Cake  
(Vegan) - Jessica in  
the Kitchen**

Melt the margarine in a  
little pot on the stove  
top. Combine the  
ingredients in a small  
bowl and stir well. Pour  
the batter into a mug.  
Sprinkle some more  
sugar and cinnamon on  
top and microwave the  
vegan mug cake for  
one and a half minutes.

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**Vegan Mug Cake**

**with Cinnamon -**

**Vegan Heaven**

Related: Peanut Butter

Mug Cake Mel is the

author, recipe creator,

photographer and

editor of the blog A

Virtual Vegan. She is

passionate about food

and likes to create and

cook delicious, healthy

Recipes

**19 Vegan Mug Cake**

**Recipes You Can**

**Make In Minutes**

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Ultimate Protein  
Dessert. VEGAN MUG  
CAKE is a nutritionally  
rich protein snack that  
packs over 23g of plant  
protein per serve, with  
minimal fat,  
carbohydrates and  
sugars. With a simple  
ingredient profile that  
utilises organic  
pumpkin and pea  
protein along with  
Australian organic oat  
flour, VEGAN MUG  
CAKE delivers a clean,  
natural and tasty ...

# Access Free Mug Cake The Ultimate Vegan Mug Cake

## **Vegan Mug Cake - True Protein**

HOW TO MAKE KETO

MUG CAKE: In a large

(14 oz) heat-safe mug  
or (12-14 oz) ramekin,

use a small fork or

whisk to combine the  
cashew butter, maple

syrup, applesauce,

almond milk and

vanilla until smooth.

Add the flour, baking  
powder, cinnamon and

salt and stir until the

batter is mixed



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Vegan Mug Cake  
together and has no  
clumps. Cookbook Quick

Easy And 100  
Vegan Mug Cakes  
**Vanilla Mug Cake.-  
Easy Vegan Mug  
Cake | Low Carb |  
Paleo ...**

Cookbook Mug  
Simply add cocoa,  
coconut flour, baking  
soda, and a pinch of  
salt to your favorite  
mug and stir. Add the  
inside of about a half of  
a sweet potato, a  
drizzle of maple syrup,  
some

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