

## Delicious Desserts in the Microwave

### Microwave Sponge Cake



#### **Ingredients**

- 4 level tablespoons flour
- ½ teaspoon baking powder
- 4 level tablespoons sugar
- 4 tablespoons oil or melted butter
- 1 egg, lightly beaten
- 1 tablespoon milk

#### **Method**

Put all the ingredients in a mug and mix to a smooth batter. Cook on high for 2 minutes until well risen, soft and springy.

#### Variations

Add 1 tablespoon cocoa powder with the flour. When mixed, press a chocolate of choice into the batter (Bite size Mars or Milky Way work well).

Add the zest and juice of a lemon to the basic batter mix.

Stir in 1 small grated carrot.

Add 2 teaspoons coffee granules

Mix half ripe banana, mashed, into the batter.

Add tablespoon chopped dried fruit (such as sultanas) and/or nuts.

## **Microwave Chocolate Sauce**



Chocolate melts well in a microwave.

### **Ingredients**

Start simple, with a small 40-gram bar of plain or milk chocolate.

### **Method**

This should take about 2 minutes on a medium heat, or 1 minute on high. Stir every so often so it melts evenly.

This can be used either as a sauce for the sponge cake above, as a dip for fruit, like strawberries, banana, sliced apple, dried apricots etc or made into small chocolates. The easiest way is to stir in about 3 tablespoons crushed broken biscuits, finely chopped nuts and a few sultanas or chopped dates. Form into bite size portions with a teaspoon and place on a plate. Chill well to set.

## Tea Bread in the Microwave



### Ingredients

4 tablespoons flour

½ teaspoon baking powder

1 tablespoon sultanas or other dried fruit

1 egg

2 tablespoons cold black tea (no milk)

1 tablespoon softened butter or margarine

2 tablespoons sugar

1 tablespoon honey

### Method

Put all the ingredients in a bowl or large mug, mix well to form a thick batter and cook on high for 2 minutes until risen and springy. Leave to stand for a minute, then turn out. Serve spread with butter.

## Apple Crumble



### Ingredients

- 1 small eating apple, cored and cut into pieces
- 6 tablespoons oats
- 2 tablespoons flour
- 2 tablespoons sugar
- 1-2 tablespoons butter or hard margarine, diced

### Method

Put the apple in a mug or bowl and cook for 1 minute until just soft.

Mix together the rest of the ingredients and sprinkle them on top of the apple.

Cook for 3 minutes. Leave to stand for 5 minutes, then serve.

# **Yummy Rice Pudding**

## **Ingredients**

½ cup pudding rice

½ cup milk

1 tablespoon sugar

1 tablespoon butter or margarine

## **Method**

Pu the rice in a bowl or large mug, cover with milk and leave to stand for about 30 minutes. Stir in the sugar and microwave on full for about 5 minutes until the rice is cooked and the milk absorbed but still creamy. Add more milk if necessary. Add the butter, stir well and cook for 2 minutes, stirring every 30 seconds or so and adding a bit more milk if necessary until it is the right consistency. Leave to stand for 2 minutes, then serve warm with honey, jam or fruit.