



NOVEMBER cooking challenge

Kids Edition

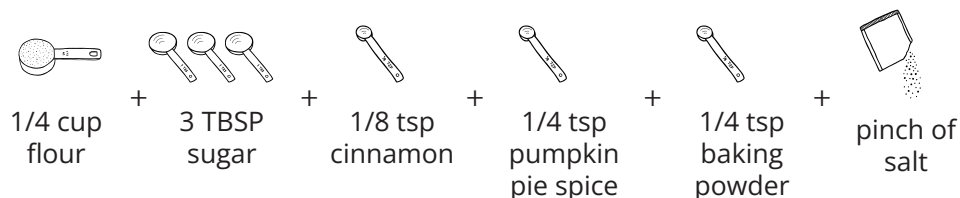


PUMPKIN MUG CAKE

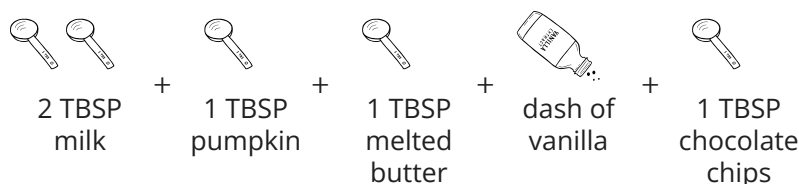
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|---|--|
| ☐ 1/4 cup all-purpose flour | ☐ 2 Tablespoons milk |
| ☐ 3 Tablespoons granulated sugar | ☐ 1 Tablespoon canned pumpkin |
| ☐ 1/8 teaspoon ground cinnamon | ☐ 1 Tablespoon melted butter |
| ☐ 1/4 teaspoon pumpkin pie spice | ☐ dash of vanilla extract |
| ☐ 1/4 teaspoon baking powder | ☐ 1 Tablespoon chocolate chips, if desired, or serve with a dollop of whipped cream |
| ☐ Pinch of salt | |

INSTRUCTIONS:

STEP 1: Mix Together



STEP 2: Stir in



STEP 3: Cook in microwave



70 to 90 seconds

(cook until cake is just set, but still barely shiny on top) Allow to rest in microwave for 1 minute before consuming.

OPTIONAL



add a dollop of whipped cream