



## Brownie in a Mug

**SERVINGS** 1**PREP TIME** 3 min**COOK TIME** 2 min

### DIRECTIONS

1. Melt the butter, if using: Put the butter in a small microwave-safe bowl and microwave at 50% power for 30 seconds. If it's not melted after that, continue to microwave in 10-second bursts until it is.
2. Combine the dry ingredients in a mug: Place the flour, sugar, cocoa, salt (if using unsalted butter), and optional cinnamon in a microwave-safe ceramic mug. Stir with a fork until it resembles brown sand and there are no clumps.
3. Add the wet ingredients and stir: Stir in the butter with a fork until a paste forms. Then add the milk and vanilla, and stir with the same fork until smooth. The batter may look a little thin, but don't worry—that's how it's supposed to be.
4. Cook in the microwave: Microwave, uncovered, on high power for 1 minute. You may need to adjust the time for less or more powerful microwaves. If you don't know the power level on your microwave, start with 1 minute and continue cooking in 10-second increments until the brownie is done. For a 1000-watt microwave 1 minute is good; for 1650-watt microwaves, we recommend 1 minute and 10 seconds. After cooking, the brownie should still look a tad moist, not dry. Some wet-looking spots are okay; those will set up as the brownie rests.

### INGREDIENTS

- 2 tablespoons butter
  - 1/4 cup (30 g) flour
  - 3 tablespoons (35 g) sugar
  - 2 tablespoons (13 g) natural unsweetened cocoa powder (NOT Dutch processed)
  - Pinch salt
  - Tiny pinch cinnamon, optional
  - 3 tablespoons (44 ml) milk, water, or coffee
  - 1/8 teaspoon vanilla extract
  - Ice cream, whipped cream, or heavy cream, for serving
5. Rest 4 minutes: Let the brownie rest for 4 minutes. The inside of the brownie is very hot and still cooking, even though it's not in the microwave. It may be hard, but the wait is worth it! It gives the brownie a better flavor and texture.
  6. Top with ice cream: Serve with a scoop of vanilla ice cream or a small dab of cream (whipped or unwhipped).

For a pinch of

*Seabra's*  
flavor...

Best to use a plain old everyday un-fancy mug.  
A regular 12 to 16 ounce mug will do fine.