

Sun Oven GF chocolate “mug cake” recipe adaptation

for ReallyWonderfulThings.me

Ingredients

- 3 T butter (*or oil*) 42g
- ¼ c brown sugar 50 g
- 1 large egg
- ½ t vanilla extract
- 1 T buttermilk powder
- 3 T water 1.5 fl oz
- 3 T almond flour 25 g
- ¼ t baking powder
- 1/8 t fine salt
- 1 T cacao powder
- 1 T cocoa powder
- 2 T chocolate chips

Steps to Make It

1. Gather the ingredients.
2. Combine the fat and brown sugar in a 2 cup Pyrex liquid measuring cup. Warm in microwave if needed to melt cold butter. Briefly spin with one blade of hand mixer to combine (or mix with a fork or small whisk.)
3. Add the egg, vanilla, and water. Mix again.
4. Add the almond flour, buttermilk powder, baking powder, salt, and cocoa/cacao powder to the mug. Mix just to combine. Scrape down the sides with silicone spatula at least once for thorough blending.
5. Pour into silicone baking cups that fit your solar oven’s cooking chamber.
6. Sprinkle chocolate chips on top of each cake
7. Bake in solar oven until steam escapes, about 20 minutes with full summer sun.

Alternatively, combine ingredients in a large (≥ 12 oz) ceramic mug and microwave on high for 1 minute and 40 seconds for a gooey cake or up to 2 minutes for a set cake.

Notes

- Cake is done (microwave method) when top is lightly sticky but not wet.
- My GoSun Sport fit six rectangular plus one “cupcake” round, tightly packed, and left over a small amount of excess batter that I microwaved for ≈ 20 seconds at 70% power as a comparison control.
- Avoid over-mixing if using a powered blender, though gluten free flour is more forgiving than wheat flour for light cakes.
- This cake is delicious even if you forget to top with chocolate chips!
- Serve warm with vanilla ice cream or desired toppings.