

APPLESAUCE MUG CAKE



**Time Required:
3 Minutes**



Servings: 1

INGREDIENTS:

- 2 tbsp applesauce
- 2 tbsp milk
- 2 tbsp sugar
- 4 tbsp flour or blended oats
- 1/2 tsp of baking powder
- Sprinkle of cinnamon

Optional Additions

- 1/4 chopped apple
- 1 tbsp raisins or craisins
- 1 tbsp whole or chopped walnuts or almonds

STEPS FOR COOKING:

1. Mix the wet ingredients in a 12 oz. microwave safe mug or disposable coffee cup.
2. Mix in the dry ingredients until everything is well combined.
3. If adding chopped apples, dried fruit, or nuts, gently mix them in.
4. Microwave for 90 seconds (if it appears it may overflow, you can stop at 60 seconds and continue for 10 second intervals).

Recipe Source:

<https://www.busylittlekiddies.com/applesauce-mug-cake/>

WIC Foods:

- Milk
- Oats
- Apple

Pantry Foods:

- Applesauce
- Shelf-stable fluid milk
- Dry Milk
- Nuts
- Dried fruit

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