



Long Livo

Microwave Mug Cookie – Quick & Easy Dessert

5 min

Prep time

1

Servings

2 min

Cook time

Easy

Difficulty

7 min

Total time

American

Cuisine

Ingredients

Mug Cookie

- ☐ 4 tbsp all-purpose flour
- ☐ 2 tbsp granulated sugar
- ☐ 1 tbsp brown sugar
- ☐ 2 tbsp melted butter
- ☐ 1 tbsp milk
- ☐ 1 tbsp chocolate chips
- ☐ 1/4 tsp vanilla extract
- ☐ Pinch of salt

Instructions

- 1 In a microwave-safe mug, whisk together flour, granulated sugar, brown sugar, and a pinch of salt.
- 2 Add melted butter, milk, and vanilla; stir until a smooth batter forms with a few small streaks.
- 3 Fold in chocolate chips gently, ensuring they are evenly distributed.
- 4 Microwave on high for 30 seconds, then check. Continue in 10-second bursts until the edges are set but the center still looks slightly wet.
- 5 Let the mug rest for a minute; the residual heat finishes the cooking. Sprinkle a tiny pinch of sea salt if desired, then dig in.

Nutrition per serving

260 kcal

Calories

3 g

Protein

34 g

Carbs

12 g

Fat

Tips & notes

- Avoid over-mixing; a few flour lumps are okay.
- Microwave power varies – adjust time by watching the cookie closely.
- For an extra indulgent touch, top with a scoop of vanilla ice cream.