

KAREN SCALF LINAMEN

The Chocolate Diaries



Secrets
for a Sweeter Journey
on the Rocky Road of Life



Excerpted from **The Chocolate Diaries** by **Karen Scalf Linamen** Copyright © 2011 by Karen Scalf Linamen. Excerpted by permission of WaterBrook Press, a division of Random House, Inc. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher.

Because *Real Women*
Don't Need a *Cookbook*

Three-Minute Chocolate Cake in a Mug

Sometimes dubbed “the most dangerous cake in the world,” this recipe has made its way from e-mail inbox to inbox, satisfying cravings for something chocolate in no time, with ingredients most of us have on hand. I made this today with my grandsons, who thought it was mighty cool! And this nonny was duly impressed as well. Makes enough for two servings, and best served warm with vanilla ice cream!

1 large coffee mug

4 tbs. flour (plain, not self-rising)

4 tbs. sugar

2 tbs. cocoa

1/8 tsp. baking powder

1/8 tsp. salt

1 egg

3 tbs. milk (may substitute strong coffee,
instead, for mocha flavor)

3 tbs. oil

2 tbs. chocolate chips (optional)

1 tbs. chopped pecans

Small splash of vanilla

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips and/or nuts (if using) and vanilla, and mix again.

Put the mug in the microwave and cook for around two minutes. (Depending on the strength of your microwave, you may want to cook it for a little less or a little longer.) It is best not overcooked. Remove from mug and share half with a friend, husband, child, or grandchild—if you are in a sharing frame of mind. A dollop of vanilla ice cream makes it extra special. A squiggle of chocolate syrup on top of that makes it decadent.

—Becky Johnson, Highlands Ranch, Colorado

