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And 100 Mug
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& Gluten-
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**CHOCOLATE MUG
CAKE (Vegan,**

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Quick, Easy) | #3

(30 Videos in 30

Days) ♥ Cheap

Lazy Vegan How

To Make The Best

Vegan Mug Cakes

Vegan Cake In a

Mug Recipe

Chocolate Peanut

Butter! MUG CAKE

VEGAN - 3 Recipes

(Easy, Quick) 1

Minute Vegan Mug

Cake 3 WAYS

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*(MICROWAVE
ONLY)*

Vegan Vanilla Mug
Cake Recipe

*BROWNIE LAVA
MUG CAKE*

(VEGAN) -

CookingwithKarma

Best EGGLESS

chocolate mug

cake | 2 Perfect

Mug cake recipes

to make in

Microwave | Food

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with Chetna 4

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3 Easy Vegan

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3 Ingredient Mug
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Blueberry Muffin in
a Mug // vegan,
gluten-free, oil-free

1 Minute Chocolate

Mug Brownie in

Microwave

(Eggless) | Mug

Brownie Easy

Vegan Mug Cake

(Chocolate Peanut

Butter Recipe) 1

Minute

Microwave Mug

Breakfasts (with

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Egg-Free

recipes) -

Gemma's Bigger

Bolder Baking Ep

76 Vegan What I

Eat In A Day - \$6

Budget (#3) 5

Vegan TWO

INGREDIENT

Desserts (Kinda)

~~~Vegan~ Banana~~

~~bread Mug cake 8~~

**HIGH PROTEIN 5**

**MINUTE VEGAN**

*Page 13/43*

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*MUG CAKES! 3*

*Vegan Mug Cakes  
(Gluten Free) EASY  
VEGAN*

*CHOCOLATE MUG  
CAKE **Funfetti***

***Mug Cake |  
Vegan***

***Valentine's Day 5**  
Minute Vegan*

*Desserts You Can  
Make in the*

*Microwave Vegan  
Mug Cake | The*

*Page 14/43*

Mug Meal

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Buddhist Chef

---

1 Minute Brownie  
in a Mug (HEALTHY  
and FUDGY!)

Vanilla Mug Cake

Easy \u0026amp; Fast

Vegan Keto Mug

Cake Mug Cake

The Ultimate

Vegan

How to make

Vegan Mug Cake.

Add some all

purpose flour,

*Page 15/43*

# Mug Meal

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Cocoa powder,  
sugar, baking  
powder and salt to  
a coffee mug. Mix  
it up. Add some  
non-dairy milk,  
vegetable oil and  
vanilla extract to  
the dry ingredients  
and mix it up into a  
smooth batter. Add  
in some vegan  
chocolate chips.  
Fold them into the

*Page 16/43*

Mug Meal



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batter. The

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~~Vegan Mug Cake~~  
~~Mug Cake~~  
~~Loving It Vegan~~

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## Mug Cake

~~Mug Cake: the  
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Quick Easy And  
Mug Cake  
100 Vegan Mug  
Cookbook by Zoe~~

...

Peanut butter mug  
cake - replace oil  
with 1 tablespoon  
of peanut butter or  
almond butter for

## Mug Meal

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less saturated fat.

Also, increase non-dairy milk by 1

tablespoon! Protein

mug cake – add 2

teaspoons of

protein powder and

increase the milk

by 2 tablespoons.

However,

depending on the

protein powder

brand this may dry

the mug cake

Mug Meal

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batter. Always add more non-dairy milk to achieve a cake batter that looks like regular cake batter, not too dense! More quick vegan mug cake recipes

~~Vegan vanilla mug cake no egg, no milk~~ The Conscious ...

*Page 20/43*

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2 minutes vegan chocolate mug cake. Simple ingredients, no fuss. Simply mix all the dry ingredients in a microwave-safe mug. Then mix in the wet ones. Stir well until smooth, and microwave for 2 minutes. That's it. Needless to say,

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this mug cake is  
super fluffy and  
incredibly  
delicious. Let's go!

Cookbook

~~Vegan Chocolate  
Mug Cake | THE  
BEST 2 Minutes~~

~~Vegan Cake~~

To make the mug  
cake: Add the dry  
ingredients: flour,  
cocoa powder, salt,  
instant coffee

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Mug Meal

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granules, sugar,  
baking powder, to  
a microwavable  
coffee mug (must  
hold at least 1 and  
1/2 cups of liquid)  
and stir with a  
small whisk or a  
spoon. Pour in the  
wet ingredients:  
water, oil, vanilla.

~~Chocolate Vegan  
Mug Cake - The~~

*Page 23/43*

Mug Meal

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~~Cheeky Chickpea~~

These Vegan Mug  
Cake Recipes are

dairy free with no  
eggs and made in  
the microwave.

Make these healthy  
desserts with

vanilla, banana,  
chocolate, peanut  
butter and coconut  
flour. Vegan cake

in a mug will be  
your new favorite

*Page 24/43*

Mug Meal



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treat as it is super  
easy and quick!

~~24 Easy Vegan Mug  
Cake Recipes in  
The Microwave |  
The ...~~

Chocolate Mug  
Cake (Vegan) This  
Chocolate Mug  
Cake (Vegan) will  
totally blow you  
away! It's vegan  
and made with

*Page 25/43*

Mug Meal

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very easy pantry ingredients in under 5 minutes start to finish. It has an incredible chocolate-y flavour that's so addictive!

~~Chocolate Mug  
Cake (Vegan)  
Jessica in the  
Kitchen~~

Learn how to make the best and most

*Page 26/43*

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delicious Healthy  
Chocolate Mug  
Cake that is so rich  
and decadent,  
moist and fluffy,  
that you'd never  
know it is low-fat,  
oil-free, vegan,  
gluten-free and  
much healthier  
than traditional  
mug cakes made  
with oil and eggs!  
It is truly divine

*Page 27/43*

Mug Meal

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and only 8  
ingredients!

Healthy Chocolate  
Mug Cake (Low-  
Fat!) - The Vegan 8  
HOW TO MAKE A  
VEGAN

CHOCOLATE MUG  
CAKE Step 1: To a  
small bowl,  
combine the  
almond flour, oat  
flour, starch, cocoa

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Mug Meal

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powder, baking powder and salt and whisk very well, making sure to break up any lumps. If your cocoa is lumpy, sift it, otherwise it will not cook through well. Add ONLY 1 tablespoon of the chocolate chips.

Vegan Chocolate

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~~Mug Cake (Gluten-free) - The Vegan 8~~  
Mug cake recipe:

Combine dry ingredients and mix very, very well. Add liquid, stir, then transfer to a little dish, ramekin, or even a coffee mug. Either microwave 30-40 seconds OR cook in a 350F oven for

*Page 30/43*

Mug Meal

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about 14 minutes.

Ultimate Vegan

One Minute Vegan

Chocolate Mug

Cake

Instructions.

Instructions. In a

mug, add in the oil,

milk, sugar and

pumpkin puree.

Whisk together for

about 15 seconds.

Add in the flour,

baking powder,

*Page 31/43*

Mug Meal

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pumpkin spice, sea salt and optional vanilla extract. Stir to combine for about 30 more seconds to ensure it's all incorporated, ensuring you get the bottoms too.

~~Pumpkin Mug Cake  
(Vegan) Jessica in  
the Kitchen~~

*Page 32/43*

Mug Meal



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If you want to try to cook the mug cake, then this book is for you.

This cookbook includes delicious and healthy vegan mug cake recipes.

All the recipes in this book privilege ingredients beneficial to our health such as non-dairy milk. The

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instructions are very detailed, easy to follow, with easy cooking directions.

Cookbook

~~Mug Cake: The Quick Easy And Ultimate Vegan Mug Cake~~

~~Cookbook: Hazan, Zoe ...~~

Related: Peanut Butter Mug Cake

Mel is the author, recipe creator,

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photographer and editor of the blog A Virtual Vegan. She is passionate about food and likes to create and cook delicious, healthy ...

Cakes Mug

~~19 Vegan Mug  
Cake Recipes You  
Can Make In  
Minutes~~

Instructions. In a

*Page 35/43*

Mug Meal

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standard,  
10-ounce,  
microwave-safe  
mug (a larger mug  
is fine, too),  
combine the nut  
butter, milk, maple  
syrup, and vanilla.  
Stir well so that the  
nut butter is fully  
incorporated. In a  
separate mug, stir  
together the oat  
flour, baking

# Mug Meal

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powder, salt, and  
pumpkin spice or  
cinnamon.

Mug Cake

~~Vegan Breakfast~~

~~Mug Muffin (Oil-  
Free) | My Quiet  
Kitchen~~

If you want to try  
to cook the mug  
cake, then this  
book is for you.

This cookbook  
includes delicious

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Mug Meal

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and healthy vegan  
mug cake recipes.

All the recipes in  
this book privilege

ingredients

beneficial to our  
health such as non-  
dairy milk. The

instructions are

very detailed, easy  
to follow, with easy  
cooking directions.

Cookbook Mug

[Amazon.com:](https://www.amazon.com)

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~~Customer reviews:~~

~~Mug Cake: The  
Ultimate Vegan ...~~

The Ultimate

Vegan Mug Cake

Cookbook: Quick,  
Easy &

Unbelievably

Delicious Warm,

Goopy & Irresistible

Desserts In Under 5

Minutes! 86. by

Zoe Hazan.

Paperback \$ 7.99.

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unavailable, but  
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~~The Ultimate  
Vegan Mug Cake  
Cookbook: Quick,  
Easy~~

Page 40/43

Mug Meal



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This mug cake is also paleo, gluten-free, high in protein, and has the ability to be Vegan ( find all substitutions for vegan-izing or making it paleo here )! WHAT

YOU'LL NEED: 1 .5 T coconut flour 1 T flour ( almond flour for paleo & gluten-

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Mug Meal

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free!) pinch of sea  
salt pinch of  
cinnamon 1/2 tsp  
baking powder

Cookbook

~~Skinny Mini,  
Quick Easy And  
Confetti Mug Cake  
(Paleo, GF, &  
Vegan Options ...~~

Preparation.

Microwave the  
butter in a  
microwave-safe  
mug in 10-second

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Mug Meal

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increments until melted, 20 to 30 seconds. Crack the egg into a small bowl; add the vanilla and whisk to combine using a small whisk or fork.

Cakes Mug

Cakes

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45bd3cb2159125d

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Mug Meal