

More than 5 minutes

Serves 4

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Ingredients:

- 1 cup (250ml) cake flour
- 3 Tbsp (45ml) cocoa powder + extra for dusting
- 2 tsp (10ml) baking powder
- Pinch of salt
- 1/3 cup (80ml) sugar
- 1 cup (250ml) milk
- 3 Tbsp (45ml) melted butter or canola oil
- 1 tsp (5ml) vanilla essence
- 3 Tbsp (45ml) peanut butter (any nut butter or choc spread works too)
- 1 slab (80g) dark chocolate, chopped (optional)
- Vanilla ice-cream, for serving

Method:

1. Combine flour, cocoa, baking powder, salt and sugar.
2. Mix milk, butter or oil and vanilla essence in a separate bowl.
3. Add wet ingredients to dry ingredients and mix well.
4. Spoon ¼ mixture into a greased 8-10cm cup.
5. Place 2 tsp (10ml) peanut butter and ¼ of the chocolate in the centre of the batter and press down slightly with the back of a spoon.
6. Repeat with remaining batter, peanut butter and chocolate.
7. Microwave for 45 seconds to 1 minute.
8. Dust with cocoa and serve with a scoop of ice cream.