



Make a magic mug cake

Let's make some magic mug cakes and see how many liquids and solids you can spot.

You will need:

Ingredients:

- 2 tablespoons self-raising flour
- 2 tablespoons honey



- 1 tablespoon raisins (optional)



- 2 tablespoons milk



- 1 tablespoon sunflower oil



Equipment:

- a large, non-metallic, microwavable mug
- a spoon
- a microwave



For a vegan alternative, use non-dairy milk and maple syrup instead of honey.

Method:

- 1 Wash your hands.



- 2 Add the flour and honey to the largest mug that you have. Do you think flour is a solid or a liquid?



Method:

3 Now add the milk and oil and mix it until it is smooth. Do you think milk is a liquid or a solid?



4 Add the raisins if using. Then remove any spoons or other metal items from the mug.



5 Ask an adult to put it into the centre of the microwave. Heat it on a high heat for 1 ½ - 2 minutes or until cooked through depending on your microwave and the size of your mug.



6 Leave the mug to cool completely as it can get very hot. Once it has cooled, enjoy your mug cake. Did you notice how the mixture has changed?

