

FULTON FRESH KITCHEN SCIENCE

Zucchini Mug Cake

Try this easy Vitamin C packed chocolate dessert.

SAFETY FIRST!

Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

INGREDIENTS

- 1 zucchini
- 3 tablespoons fat-free milk
- 3 tablespoons flour
- 1 tablespoon brown sugar
- 1/2 tablespoon vegetable oil
- 1 tablespoon + 1 teaspoon unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1 tablespoon semi-sweet chocolate chips (optional)



INSTRUCTIONS

1. Shred the zucchini with a grater and then pat the zucchini dry with a clean paper towel to remove excess moisture.
2. Add all of the ingredients except the zucchini to a microwave-safe mug. Mix with a fork.
3. Stir in the zucchini and the chocolate chips (optional).
4. Cook in the microwave for 1 minute and 15 seconds. Remove from the microwave to check how close it looks to a regular cooked cake. If it needs more time, microwave for 15 more seconds at a time until it is cooked.
5. Allow the cake to cool for a few minutes before eating.

SERVING SIZE

This recipe serves one

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

www.ugaextension.org/fulton

This recipe is adapted from

https://secure.caes.uga.edu/extension/publications/files/pdf/TP%20112-7_1.PDF

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What's a Zucchini favorite sport? Squash!

ADD ONS

- Mix and match toppings! We've enjoyed raspberries and coconut, vanilla yogurt and cinnamon, and peanut butter and chopped nuts.

DID YOU KNOW?

- Zucchini is considered a part of the vegetable food group, but biologically it is a fruit like a tomato.
- Zucchini is grown in the summer and is considered a summer squash. Once the fruit starts to grow, it can grow one inch per day!
- It is also a good source of vitamin C, so zucchini will help fend off germs and keep us healthy.

Facts from SNAP-Ed. Iowa Nutrition Network and Iowans Fit for Life.

HEALTHY HABITS

- Keep your teeth healthy by brushing at least 2 times a day after breakfast and before bedtime.
- Any time we do not brush our teeth before bed, we leave behind a feast for bacteria. It is like an open picnic in the park for ants.
- Spend at least 2 or 3 minutes each time you brush. You can keep track of time by playing your favorite song.

GET MOVING!

There are so many different ways to increase our physical activity during the day. Try starting your morning with an activity from having a quick dance party, doing jumping jacks, push ups, or more!

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

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