## SPICED APPLE CARAMEL MUG CAKE

Start to finish: 12 minutes Serves: 2

## **INGREDIENTS:**

1/4 cup all-purpose flour
1/2 teaspoon apple or pumpkin pie spice
1/2 teaspoon baking powder
3 tablespoons sugar
Pinch of salt
1 1/2 tablespoons unsweetened applesauce
3 tablespoons grated apples
2 tablespoons cream or milk
1 teaspoon vegetable oil
1 teaspoon water
To Serve - Caramel Sauce & Whipped Cream

## DIRECTIONS:

In a small bowl, whisk together the dry ingredients. Make a well in the center of the dry ingredients then add the wet ingredients along with grated apples. Whisk everything together until combined and no lumps remain.

Pour batter into a microwave-safe mug (14 to 16 ounces). Make sure that there is enough head space for the cake to rise without spilling over.

Microwave mug cake for 1 minute and 50 seconds on high. Carefully remove from microwave, drizzle store bought caramel sauce and whipped cream on top and serve.

