

Microwave Jam Roly-Poly Mug Cake

A quick, microwave-friendly take on the classic British dessert!

Ingredients:

- 4 tbsp self-rising flour
- 1 tbsp sugar
- 2 tbsp milk
- 1 tbsp butter, melted
- ½ tsp vanilla extract
- 2 tbsp strawberry or raspberry jam
- 1 tbsp golden syrup or honey (optional, for drizzling)



Instructions:

1. In a microwave-safe mug, mix the flour and sugar.
2. Add the milk, melted butter, and vanilla extract. Stir until smooth.
3. Spoon the jam into the center of the batter but don't mix it in—let it sink slightly.
4. Microwave on high for **90 seconds to 2 minutes** until the cake is firm and cooked through.
5. Drizzle with golden syrup or honey for an extra touch of sweetness.
6. Let cool slightly before eating.

This is a **great cross-curricular activity** combining **math (measurement & proportions)**, **history (British cuisine)**, and **functional life skills**. Plus, it smells amazing while cooking!