



ROGUE VALLEY FARM TO SCHOOL

Harvest of the Month

WWW.RVFARM2SCHOOL.ORG/HARVEST

CARROT CRANBERRY MUG CAKE

MAKES: 1 MUG CAKE

INGREDIENTS:

- ½ of a large carrot or one small carrot grated or finely chopped with a knife
- 2 Tablespoons dried cranberries
- 1/2 teaspoons cinnamon
- 4 Tablespoons flour
- 1/4 tsp baking powder
- 1 Orange
- 1/2 Tablespoons oil
- 2 Tablespoons honey
- 4 Tablespoons milk or water
- Pinch of salt

DIRECTIONS:

1. [Watch the Cooking Video first!](#)
2. Preheat oven to 350 degrees or skip if using a microwave.
3. Get out one of your bowls and measuring spoons and measure and mix the dry ingredients: 4 tablespoons of flour, ½ teaspoon of cinnamon, ¼ teaspoon of baking powder, and a pinch of salt.





ROGUE VALLEY FARM TO SCHOOL

Harvest of the Month

WWW.RVFARM2SCHOOL.ORG/HARVEST

CARROT CRANBERRY MUG CAKE

MAKES: 1 MUG CAKE

DIRECTIONS (CONTINUED):

4. Grab your other bowl and measure and mix wet ingredients: $\frac{1}{2}$ tablespoon of oil, 2 tablespoons of honey, 4 tablespoons of milk or water, and cut your orange in half and squeeze the juice of both halves.
5. Use a grater or a knife and cutting board to finely chop $\frac{1}{2}$ carrot and sprinkle into the bowl with wet ingredients.
6. Measure 2 tablespoons of dried cranberries and sprinkle into the bowl with the wet ingredients.
7. Grab the bowl of dry ingredients you already mixed and combine with the bowl of wet ingredients until you do not see any dry flour in the bowl.
8. Pour the batter into your coffee mug.
9. If using a microwave, microwave for 1-2 minutes.
10. If using an oven, place your mug in a pan or glass dish with an inch of hot water in it and bake for 20-25 mins until a toothpick or fork comes out clean.
11. Allow to cool before eating with a spoon, straight out of the mug! Add cranberry sauce or yogurt as a topping!

