

# Instant Blue-Collar Trash Chocolate Cake

## Ingredients

3 heaped teaspoons Self-Raising Flour  
3 heaped teaspoons Sugar  
1 heaped teaspoon Cocoa Power  
2 teaspoons Vegetable OR Sunflower Oil  
10 teaspoons (50cc) Milk

## Method

Place dry ingredients into a cup and mix until a uniform colour.

Stir in milk and oil and mix well.

Cook in microwave for 90 seconds.

Credit for this goes to [BigClive.com](http://BigClive.com)