

# Goodbye Gluten



## Chocolate Brandy Mug Pudding

- ONE SERVING -

**2 tbsp rice flour**  
**1 tbsp cornflour, from maize**  
**1 tbsp tapioca flour**  
**1/4 tsp baking powder, gluten free**  
**2 tbsp raw cacao powder, or cocoa powder**  
**Pinch sea salt**  
**2 tbsp brown sugar**  
**25 g butter, melted**  
**3 tbsp milk**  
**1 tbsp brandy**  
**1 tbsp small chocolate buttons**  
**1 tbsp raisins**

Mix the three flours, baking powder, cacao powder, salt and brown sugar together in a small bowl.

Mix the melted butter, milk and brandy together. Pour into the dry ingredients and mix.

Add chocolate buttons and raisins and mix to combine.

Turn out into a coffee mug and smooth the top.

Cook in the microwave on high for 1 minute. Take out and test with a skewer. If the mixture sticks to the skewer cook for another 10-20 seconds until the skewer comes out clean.

Leave to sit for a minute while you get a scoop of chocolate or vanilla ice cream ready. Put ice cream on top and then eat and enjoy.

