

Cookie in a Mug!

Baking | Cooking



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WHAT MAKES IT MEANINGFUL

This easy, single-serve recipe promotes independence, confidence, and basic cooking skills. It's sensory-rich (smell, touch, taste!), provides instant gratification, and can be done in a group or individually using simple tools. No oven needed—just a microwave!

TIME

10–15 minutes total

- 5 minutes prep
- 1 minute cook
- 5–10 minutes to cool and enjoy

MATERIALS

- 1 **microwave-safe mug**
- 1 tablespoon **butter** (melted)
- 1 tablespoon **white sugar**
- 1 tablespoon **brown sugar** (or extra white sugar)
- A pinch of **salt**
- 1/4 teaspoon **vanilla extract**
- 1 **egg yolk** (just the yellow part)
- 3 tablespoons **all-purpose flour**
- 2 tablespoons **chocolate chips**
- **Optional:** Your choice of ice cream to put inside the cookie mug



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Tools:

- Spoon for mixing
- Small bowl (optional, for cracking egg)
- Microwave
- Measuring spoons
- Oven mitt or towel (mug will get hot!)

INSTRUCTIONS

1. Melt the Butter

- a. Place 1 tbsp of butter in the mug.
- b. Microwave for 10–15 seconds until melted (not bubbling).

2. Mix in Sugars & Vanilla

- a. Add 1 tbsp white sugar, 1 tbsp brown sugar, a pinch of salt, and 1/4 tsp vanilla.
- b. Stir until smooth.

3. Add the Egg Yolk

- a. Crack the egg into a bowl, remove the yolk, and add just the yolk to the mug.
- b. Stir well to combine

4. Add Flour & Chocolate Chips

- a. Add 3 tbsp of flour and mix until it looks like dough.
- b. Stir in 2 tbsp of chocolate chips.

5. Microwave the Mug

- a. Microwave on high for **40–60 seconds** (check at 40; top should look just set).
- b. Let cool for 5 minutes before eating—it'll be hot!

6. Enjoy!

- a. Eat right from the mug or scoop into a bowl with ice cream.

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SUPPORTS NEEDED

- **Step-by-step visual recipe** (photos or drawings for each step)
- **One-on-one help** with cracking the egg and measuring ingredients
- **Pre-measured ingredient kits** to simplify prep
- **Microwave safety guidance** (e.g., use oven mitts, wait before touching)
- **Sensory support:** option to stir with gloved hands or spoon
- **Clear turn-taking** and roles if done in a group (e.g., mixer, measurer)
- **Verbal encouragement** and celebration of effort
- **Allergy checks** and ingredient substitutions as needed (e.g., dairy-free butter, gluten-free flour)