



Makes: 2 servings

Prep Time: 5 minutes Cook Time: 3 minutes

Total Time: 8 minutes



Ingredients

- 1/2 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup water
- 2 tbsp vegetable oil
- 2 tbsp pumpkin purée, not pumpkin pie filling
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- 1/4 tsp kosher salt

Instructions

Spray 2 8-ounce mugs with non-stick spray.

Whisk all the ingredients together until smooth in a small bowl.

Divide the batter between the mugs and microwave each mug for 60-90 seconds or until toothpick comes out clean. I found, in my microwave, 60 seconds was enough time, but all microwaves vary in power so you'll have to test it at 60 seconds and if necessary, continue to microwave until done.

Top with powdered sugar or ice cream and enjoy!