

SINGLE SERVING EGGLESS CHOCOLATE CAKE | MICROWAVE NO BUTTER CHOCOLATE CAKE



Woohooo...It has been "1 year" since I started [foody-buddy](#) and it has been an amazing experience ... I sincerely thank all my fellow bloggers, enthusiasts , friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging ...This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes , I have also learnt a lot in cooking techniques and has enriched my knowledge in food photography and presentation skills ...Finally it is

certainly a feeling of joy and comfort to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband and my family for their constant support and appreciation ...

To enjoy this beautiful day I have posted a fast and simple dessert , which is so tasty and delicious. I thought of making big chocolate cake, but I 'm not feeling good. So I did some google search for single serving eggless cake. Finally I got a recipe from [here](#). I love this site and her recipes, also I bookmarked some of her recipes. Try this amazing 1 min chocolate cake, it is so soft and a melting cake with no butter and no eggs added. If you are chocolate lover like me, then I bet you fall in love with the taste and soft texture of the cake.

Single Serving
Chocolate Cake

Happy Birthday
to
"Foody-Buddy"

foody-buddy.blogspot.com





Recipe Source : you can find the original recipe [here](#).

Ingredients

3 Tbsp of All Purpose Flour / Maida
1 Tbsp and 2 Tsp of Cocoa Powder / Hot Cocoa Mix
1 Tbsp and 2 Tsp of Sugar
1/8 Tsp of Salt
1/2 Tsp of Baking Powder
1/2 Tsp of Vanilla Extract

3 Tbsp of Milk
3 Tsp of Coconut Oil
Instant Chocolate Pudding for Frosting

To Garnish

Chopped Almonds
Cherry



Method

- In a mixing bowl, combine all the dry ingredients, stir well. Then add vanilla extract, milk and oil, mix well with a fork without any lumps. Transfer this mixture to

a microwave (safe bowl or mug), here I used ramekin. Before pouring the mixture to a bowl, grease it well with oil.



- Microwave for 40 secs. Single serving microwaved chocolate cake is ready. Let it cool down for 5-10 mins.
- Invert it to a plate, for frosting, use chocolate pudding to the outer layer of the cake and sprinkle some chopped almonds to the top. Finally garnish with cherry.



Tips

- If you don't have cocoa powder, then use hot cocoa mix. I tried with hot cocoa mix and it tastes good.
- Keep an eye on microwave after 30 secs, if it exceeds 40 secs, there are chances for overflowing.
- You can also eat cake as such without frosting.
- You can also frost the cake with cream cheese or peanut butter or almond butter. Or else enjoy with vanilla ice cream.
- Use vegetable oil in place of coconut oil
- Add any nuts of your choice for toppings.



Carrot Halwa / Gajar Ka Halwa – Microwave Method / Easy Diwali Sweets

“200th Recipe “



[Pin it](#)

Hi Friends,

I'm really excited to write my 200th post. Its been 10 months

since I started my blog. I'm very happy that I shared and posted almost 200 recipes. Thanks for the comments, support and appreciation as I continue traveling in my culinary journey. Thank you everyone ☺ ☺

Gayathri Ramanan

Carrot Halwa / Gajar Ka Halwa is a traditional Punjabi dessert made with carrot, milk, ghee and sugar. This rich and colorful dessert is getting popular worldwide, also you can see this in Indian restaurant menu card. This is very quick to make dessert using microwave. You can also make this in stove top or pressure cooker. Addition of ghee and nuts makes the dessert more rich and delicious. The cardamom gives good aroma and a flavor to the dish. You can make this halwa for any special occasion. Serve this halwa with ice cream on top. Try this recipe and enjoy ☺ ☺



Ingredients

- 2 Carrots, Large (1 and 1/4 Cup)
- 1 Cup of 2% Milk
- 6 Tbsp of White Sugar
- 2 -3 Tbsp of Ghee (Clarified Butter)
- 2 Cardamom Pods
- Handful of Roasted Cashew Nuts

Method

- Wash, peel and grate the carrots, I got 1 Cup of Grated carrots. Crush the cardamom seeds in a mortar and pestle to a fine powder. Keep this aside.
- In a microwave safe bowl, add ghee (1 Tbsp) and grated carrots. Microwave this for 5 mins.

- Add milk and stir well. Microwave this for another 5 mins, stirring for every 2 mins.
- Add cardamom, ghee(1Tbsp) and sugar, stir well. Microwave this for 12 mins until carrots turns soft and milk fully absorbed, stir it for every 5 mins. Carrot halwa is ready.
- Garnish it with roasted cashews or any nuts of your choice. Serve it warm or cold.



Tips

- You can use condensed milk instead of adding 2% fat milk.
- Add any nuts of choice for garnish.
- If you have unroasted cashews, roast it in ghee before you serve.
- You can also serve this halwa with ice cream on top.
- It will lasts for 2-3 days so refrigerate it in an air

tight box.

- Adjust the amount of sugar according to your taste.
- When you add sugar, the mixture turns watery so microwave till all the milk is absorbed.



Health Benefits of Carrot

- Good for the eyes.
 - Prevents cancer.
 - Vitamin A and antioxidant in carrot protect the skin from sun damage.
 - Prevents heart disease and stroke.
 - It has anti-aging property.
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- **sending recipe to** [“Walking through the memory lane” event \(WTML\) Gayathri’s Cook Spot.Daythroughmylife](#)



[Rasagulla Recipe / Rasgulla Making / Bengali Sweet](#)



[Pin it](#)

Rasagulla Recipe is a freshly made homemade cheese balls simmered in a pot of sugar syrup, it is a famous bengali sweet usually I make it for diwali.. "Ras is the syrup and gulla is a ball". I'm a big fan of Milk sweets especially I love Rasgulla and basundi because of its rich, creamy and delicious in taste. You can make this rasgulla for diwali or any festival occasion. I made this sweet for our wedding anniversary last week. For this sweet, I used 2 % milk, you can also use full cream milk and I made this recipe using pressure cooker. Got this recipe from [here](#). This is very easy to make rasagulla and also yummy in taste and also it can be done so quickly. Try this delicious sweet and let me know your

feedback.

Make : 7 Rasgullas

Ingredients

2 Cups of Milk (2%)

2 Tbsp of Lemon Juice

3/4 – 1 Cup of Sugar

2 and 1/4 Cup of Water

Pinch of Cardamom Powder



Method

To Make a Paneer/ Indian Cottage Cheese

- Boil the milk in a heavy bottomed vessel over medium heat, when milk starts boiling, just simmer it, then add the lemon juice to the boiling milk, stir the milk gently. Now milk will start curdling and then whey will separate. Switch off the flame.
- Strain the curdled milk in a cheese cloth/muslin cloth placed in a strainer. Keep the bowl under strainer to collect the whey. Do not waste the whey, they are nutritious and has protein in it.
- Wash the milk solids in a cold running tap water, this has to be done to remove the lemon smell. Squeeze the excess water and hang it for 15-20 mins. After that, take out the milk solids/ paneer from muslin cloth, knead it well with hand for 10 mins until you get a soft and smooth dough and make them into a small round size balls. I made 7 balls.

To Make Rasgulla

- In a pressure cooker, add sugar, pinch of cardamom powder and water, bring it to a boil, add the paneer balls and close the pressure cooker. After you get 1 whistle, simmer it for 7 mins. Turn off the flame.
- After you open, you can notice, the rasgulla will be doubled in size. Keep this rasgullas in refrigerator for 1 hr and serve it chilled.



Tips

- **Use homemade rasgullas to make rasmalai dessert.**
- **You can use the whey to make soft chapathi or in bread making. Don't waste it.**
- **You can also cook rasgulla in a heavy bottomed pan instead of using pressure cooker.**
- **Use rose water to the sugar syrup to get a nice flavor to rasgullas.**
- **Add pistachios and saffron strands for a color and to get a great taste.**

Health Benefits of Paneer / Indian Cottage Cheese

- **Paneer is a good source of vit D and calcium, which helps to build strong bones and teeth.**
- **Paneer in moderation, is associated with lower body**

weight, reduced risk of insulin resistance syndrome.

- Paneer is high in protein and reduces cancer risk
- Helps in lower, back and joint pain.
- Paneer prevents osteoporosis in women.
- Good for digestive which helps in activating the hydrolysis of protein
- Whey acts as a cleansing agent, helps in function of urinary system.

