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**Self-Care Recipe**

**JackBakes Devils Food Fudge (mug) Cake \*vegan\***

**Ingredients**

2 Tablespoons Unsweetened Cocoa Powder
2 Tablespoons Sugar
2 Tablespoons Flour
pinch of salt
1/2 tsp Vanilla (optional but recommended)
1 tsp any Oil
2-3 Tablespoons of water

**Self-Care Indicators**

* With everything that’s going on its easy to feel like you are losing yourself.
* Right now, the type of self-care you’re doing feels larger than what self-care has tended to be. If you think about self-care- massage, meditation etc. Now its exercising to break up the day, washing hands constantly so you put lotion. It’s Preventative in medical sense but you might forget to take those moments to actually indulge.
* You are concerned about friends, family and loved ones
* Baking this way is More of a reward and reminder to breathe and do something that is unequivocally for YOU.
* Doing something that you feel you should do is important. Not bc governor says you have to. Prioritizing self.

You’re taking care of so many things to make sure that yourself (two words) is healthy and home but what about your actual inner self. You’re doing all these things that you are constantly giving- healthcare workers, calling mom and dad, zoom with co-worker’s energy going out- not energy going in. Those moments with other ppl where you do get validation- you can’t get that in isolation.

This recipe for 1 is quick and easy that gives you that the satisfaction you did something for yourself for you to enjoy that can bring a smile to your face and you did something you can enjoy and love

**Directions**

Combine dry ingredients in a mug and blend with a fork. Add wet ingredients and stir well. If you want more of a gooey texture add 1 Tbsp of water for a brownie that is less thick and dense.

Microwave on high power approximately 1 minute, until desired consistency is reached (you can add on 10 second increments) Should be somewhat soft in the center. Do not overcook.

If baking, preheat oven to 350 F bake NO LONGER than 14 minutes

Top with whipped cream if you have it!