

BANANA BREAD MUFFIN IN A MUG

PREP TIME: 15 mins

COOK TIME: 5 mins

TOTAL TIME: 20 mins

YIELD: 1 SERVING

This easy recipe is perfect when you want a quick snack or breakfast. A great way to use up those brown bananas!

KITCHEN GEAR

- small bowl
- Measuring spoons
- Fork
- Small mug

INGREDIENTS

- 1/2 very ripe banana
- 1/4 teaspoon vanilla extract
- 2 tablespoons all-purpose flour, or gluten-free flour mix
- 1 teaspoon sugar, optional but not needed
- 1/4 teaspoon baking powder
- Pinch of salt
- 1 tsp oil of your choice, optional but not needed

Optional add ins:

- Mini chocolate chips, sprinkles, chopped walnuts, chopped pecans, etc.

INSTRUCTIONS

1. Mash the banana in a small bowl and mix in oil and vanilla extract.
2. Put the flour, sugar (if using), baking powder and salt in a small espresso mug. Blend thoroughly with a fork.
3. Add the mashed bananas, mix in any additional mix-ins like chocolate chips, nuts, etc.
4. Microwave 90 seconds then let it cool about 1 minute before eating. If making a double batch in a large mug, cook 2 minutes.

NOTES

Oven: If you don't have a microwave, you can bake this in a preheated oven in a ramekin of cupcake liner. Bake until the tops are golden and a toothpick inserted in the center comes out clean, 325F for 25 to 30 minutes.

Air Fryer: If you want to bake this in the air fryer, preheat the air fryer to 300°F. Bake until the tops are golden and a toothpick inserted in the center comes out clean, about 15 minutes. Let cool before eating.

Serving: 1 small mug, Calories: 108kcal, Carbohydrates: 25.5g, Protein: 2g, Fat: 0.5g, Saturated Fat: 0.1g, Sodium: 123mg, Fiber: 2g, Sugar: 7g

