

Microwave Peanut Butter and Chocolate Cookie



Suddenly craving a delicious chocolate chip cookie? Here's the perfect recipe to satisfy your craving in no time. Perfect for dessert or even as a snack, with 4g of fiber and 9g of protein, this quick cookie will fulfill all your needs and keep you satisfied until your next meal, all in just 6 minutes flat!

Preparation 5 min

Cooking 1 min

Servings 1

Nutrition Facts (per serving)

Calories 280

Fat 12

Carbohydrates 38

Fibre 4

Protein 9

Sodium 30

Ingredients

- ½ banana
- 30 ml (2 tbsp) all-purpose flour (or gluten-free flour)
- 15 ml (1 tbsp) natural peanut butter
- 15 ml (1 tbsp) carton egg white

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- 1.25 ml (¼ tsp) vanilla extract
- 1.25 ml (¼ tsp) baking powder

Note: For even more fibre, you can use whole wheat flour or even oat flour. You can also substitute the egg white with 5 ml (1 teaspoon) of chia seeds and 7.5 ml (½ tablespoon) of milk or water.

Preparation

1. In a small bowl, mash the banana with a fork and add the remaining ingredients. Mix well.
2. Transfer the mixture to a plate lined with parchment paper or cook directly in a mug. Cook for 1 minute in the microwave and serve immediately.

Notes

Can be stored in the refrigerator for 7 days or frozen for 3 months.



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