

Banana and Oatmeal Breakfast Mug Cake



A perfect recipe that's a refreshing change for rushed breakfasts! High in fibre and low in sugar, it's also great for an evening snack! Indulge without compromise!

Preparation 3 min
Cooking 3 min
Servings 1
Nutrition Facts (per serving)
Calories 325
Fat 8
Carbohydrates 49
Fibre 4
Protein 14
Sodium 175

Ingredients

- ½ ripe banana, mashed
- 1 egg, large size
- 45 ml (3 tbsp) of oats
- 30 ml (2 tbsp) of whole wheat flour
- 60 ml (¼ cup) of milk

- 2.5 ml (½ tsp) of vanilla extract
- 1 ml (¼ tsp) of baking powder
- Toppings of choice (walnuts, chia seeds, cinnamon, dark chocolate chips, frozen fruit, etc.)

Preparation

1. In a cup, mix the egg and banana with a fork until you achieve a smooth mixture.
2. Add all other ingredients and gently mix until you get a smooth batter. Add toppings if desired.
3. Cook in the microwave for 2-3 minutes. Watch the mugcake to avoid overflowing.

Notes

Enjoy immediately.



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