

Banana bread in a mug

Serves 2

A super simple
cake recipe you can
make with just a
microwave

Serving Suggestion

Ingredients:

- 1 egg
- 1 banana
- 1 tsp vegetable oil or butter
- 2 heaped teaspoons of sugar
- 2 heaped dessert spoons self-raising flour
- ½ tsp baking powder (not essential but makes a lighter, airier mixture)
- A splash of milk

Method:

1. Mash the banana in a bowl with the oil and sugar.
2. Crack the egg and lightly whisk together with a fork.
3. Stir in the flour and baking powder

and any added extras. If the mixture is very thick add some milk to loosen-it should be like a thick cake mixture.

4. Place half of the mixture into a mug and place in the microwave on approximately 50% power for 90 seconds. If it is still runny on the top pop back in for another 30 seconds. Be careful not to overcook it.

Added extras:

Cinnamon, vanilla extract, honey – for topping

Equipment:

Fork, mug and microwave

