




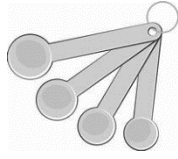

Banana Bread in a Mug

Makes 2 Servings; 1 mug per serving

Nutrients Per Serving:

570 Calories | 19g Fat (3g Saturated) | 185g Carbohydrates | 40g Added Sugar | 11g Protein | 840mg Sodium | 4g Fiber

Equipment Needed

 <p>Microwave</p>	 <p>Fork</p>	 <p>Mixing bowl</p>	 <p>Measuring spoons</p>	 <p>2 Microwave safe mugs</p>
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Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 ripe banana</p>	 <p>1/4 cup liquid egg or 1 egg</p>	 <p>1/4 teaspoon baking powder</p>	 <p>1/2 teaspoon baking soda</p>	 <p>3 tablespoons brown sugar</p>
 <p>1 tablespoon vegetable oil</p>	 <p>4 tablespoon flour</p>	 <p>Cooking spray</p>		

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Spray mugs with nonstick cooking spray.</p>	<p>3</p>  <p>In the mixing bowl, mash a ripe banana with the fork.</p>	<p>4</p>  <p>To the mashed banana add 1/4 cup liquid egg, 1/2 tsp baking soda, 1/4 tsp baking powder, 3 Tbsp brown sugar, 1 Tbsp vegetable oil, and 4 Tbsp flour.</p>
<p>5</p>  <p>Spoon batter equally into sprayed mugs.</p>	<p>6</p>  <p>Microwave on high for 1 minute. After 1 minute, check doneness. Eggs should be fully cooked and nothing comes out on toothpick. If not done, cook 30-60 seconds more.</p>	<p>7</p>  <p>Use the handle of the mug to remove from the microwave. Caution: The cup will be hot! Let it cool before eating. Enjoy!</p>	