

# Banana Bread Mug Cake

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Banana (medium, ripe, mashed)  
2 tbsps Unsweetened Almond Milk  
1 tbsp Maple Syrup  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
3 tbsps All Purpose Gluten-Free Flour  
1/2 tsp Baking Powder

## DIRECTIONS

- 01 In a tall mug combine the mashed banana, almond milk, maple syrup, almond butter, and vanilla extract. Stir in the flour and baking powder.
- 02 Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Carbs	55g
Fat	9g	Protein	6g