




BANANA OATMEAL MUG CAKE

 2 servings  Prep: 10 min  Cook: 5 min

INGREDIENTS

- 2 banana, medium, mashed
- 2 tbsps low-fat milk
- 2 tbsps peanut butter
- 2 egg white
- ½ tsp vanilla extract
- 9 tbsps oats, instant
- ½ tsp cinnamon, powder
- ½ tsp baking powder

OPTIONAL

- 2 tbsp yoghurt, low-fat

METHODS

1. In a large microwavable mug, add mashed banana and low-fat milk and mix well.
2. Add in peanut butter, egg white and vanilla extract.
3. Gently stir in oats, cinnamon powder and baking powder.
4. Microwave 1½ min or until the mixture is firm.
5. Drizzle with some yoghurt and enjoy!



WHOLEGRAIN
WEDNESDAY



200 KCAL
SNACK

Nutrition Information (per serving)

Energy 182kcal, Carbohydrate 21g, Protein 7g, Fats 7g, Saturated Fats 1.4g, Polyunsaturated Fats > 0.5g, Monounsaturated Fats > 3.5g, Cholesterol 0mg, Dietary Fibre 3.6g, Sodium 57mg, Potassium > 297mg, Phosphate > 45mg



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