

PEANUT BUTTER BANANA MUG CAKE

★★★★★

COURSE: DESSERT CUISINE: AMERICAN

KEYWORD: BANANA, CAKE, PEANUT BUTTER

PREP TIME: 5 MINUTES COOK TIME: 30 MINUTES

TOTAL TIME: 35 MINUTES SERVINGS: 1 CALORIES: 356KCAL

AUTHOR: MEGAN GILMORE



This particular "mug cake" uses only a banana for sweetness, with no added flours or sugars. The result is a truly delicious, and guilt-free treat!

INGREDIENTS

- 1 very ripe banana (with brown spots!)
- 2 Tablespoons natural peanut butter , or nut butter of choice
- 1 whole egg
- 1/4 teaspoon baking soda
- dash of cinnamon (optional)

INSTRUCTIONS

1. If using an oven, preheat to 350F.
2. Combine all of the ingredients into a mug, and mix until relatively smooth.
3. Bake at 350F for 30-35 minutes, until the top is golden brown and the center is firm.
4. Allow to cool for 5 minutes, then dig in!

NOTES

Note: Because I don't own a microwave, the oven is my preferred method for baking. I think it's worth the wait, but of course, if you prefer the microwave, please feel free to use it--> I'd guess about 60 seconds would do the trick, but use your best intuition, as microwaves vary.

NUTRITION

Calories: 356kcal | Carbohydrates: 33g | Protein: 14g | Fat: 20g | Saturated Fat: 4g |

Cholesterol: 163mg | Sodium: 484mg | Potassium: 690mg | Fiber: 4g | Sugar: 17g | Vitamin A:

315IU | Vitamin C: 10.2mg | Calcium: 38mg | Iron: 1.7mg

<https://detoxinista.com/peanut-butter-banana-mug-cake/>