



BANANA OAT MUG MUFFINS (SERVES 2)

INGREDIENTS

1/2 cup (120 grams) very ripe banana

100g rolled oats

2 eggs

1 teaspoon baking powder

Shredded coconut

UTENSILS

Medium bowl

Measuring cups

Teaspoon

Fork

Spoon

2 Microwave-safe mugs

Microwave

Knife



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OPTIONS

For extra flavour you can add the one of following to the mixture before cooking;

- 4 tablespoons of shredded coconut, raisins or other chopped fruit and/or nuts.
- Alternatively, if you prefer you can add 1 cup of stewed apple or mashed pumpkin to the mixture, instead of the ripe banana.

METHOD

1. Mash the banana in a medium bowl using a fork.
2. Add oats, eggs and baking powder along with any extra fruit or nuts to the bowl and mix together with a fork.
3. Transfer the mixture into two microwave-safe mugs using a spoon, filling each one halfway as the batter will rise while cooking. NOTE: This mixture can be stored in the refrigerator for up to 24 hours before cooking.
4. Sprinkle some oats and shredded coconut on top of each mug and microwave each muffin for 60 to 90 seconds on full power until the muffin is no longer moist on top.
5. Run a blunt knife around the outside of the muffin in the mug, before gently removing the muffin from the mug.
6. Leave to cool for 1 to 2 minutes before serving.

NOTE: Do not use broken, damaged or out of date eggs (refer to the information sheet for safe egg handling).

FOR MORE INFORMATION

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