

MUG CAKE

Microwave cake prepared in a mug

 10 minutes

 1 portion

INGREDIENTS

- 1 unit of mashed banana, raw (100 g)
- 1 medium unit of egg, whole, raw, fresh (44 g)
- 20 grams of oat bran, raw
- ground cinnamon (optional)
- 1 tsp of baking powder (5 g)

COOKING METHOD

- 1° Mix all the ingredients leaving the baking powder last and take it to the microwave for 2 minutes (the time may vary depending on the microwave power. If necessary, leave another 30 seconds).
- 2° Mix all the ingredients leaving the baking powder last and take it to the microwave for 2 minutes (the time may vary depending on the microwave power. If necessary, leave another 30 seconds).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (171 g)	% DRI
ENERGY	122 kcal	209 kcal	10 %
PROTEIN	6 g	10 g	20 %
CARBOHYDRATE	23 g	40 g	15 %
SUGARS	8 g	13 g	14 %
FAT	3 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
FIBER	4 g	6 g	25 %
SODIUM	40 mg	69 mg	3 %