

Banana Breakfast Cake in a Mug

Servings: 1-2

Prep Time: 15min

Cook Time: 2-3min

Ingredients

- ½ a SPAR Freshline banana, mashed
- 15 ml SPAR sunflower oil
- 1 SPAR large egg
- 15 ml SPAR low fat milk
- 60 ml Soft dark brown sugar
- 60 ml SPAR self-raising wheat flour
- A pinch of Cinnamon
- 15 ml nuts, chopped (optional)
- 15 ml SPAR raisins (optional)
- 1 Large Coffee Mug



Directions

1. Add the banana, oil, egg and milk to your mug. Mix well with a fork.
2. Add the remaining ingredients and mix until smooth using a teaspoon.
3. Microwave on high for 2 – 3 minutes until cake has risen up out of the mug.
4. Eat while still lovely and warm, or top with a little icing made from SPAR icing sugar mixed with a drop of water. Yum Yum!