



✂ Breakfast ⌚ 15 min

Chiquita banana muffin mug cake

Got overripe Chiquita bananas, 15 minutes and a microwave? Check out this awesome Chiquita banana muffin mug cake recipe !

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Mix the eggs, yogurt and two tablespoons of honey in the two greased coffee mugs.

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Split the spelt flour, cinnamon and baking powder in the coffee mugs.

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Cut the Chiquita bananas. Then add the Chiquita banana slices in the coffee mugs and leave a couple of pieces for the end.

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INGREDIENTS FOR 2 PERSONS

2 Chiquita bananas
5 tbsp of wheat flour
2 eggs
2 tbsp natural yogurt
3 tbsp honey
1 tsp baking powder
1 tsp cinnamon

NUTRITIONAL VALUES PER PERSON

384 Calories
5,7 g Fat
2 g Saturates
69,6 g Carbohydrate
45,2 g Sugars
3,7 g Fibre
11,8 g Protein
0,2 g Salt

Put the mugs in the microwave for 90 seconds on high speed.

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When finished, add the other Chiquita banana pieces on top and drizzle with honey.