



✂ Dessert ⌚ 16 min

5 minute Chiquita banana Fudge S'mores Mug Cake

My delicious Chiquita banana Fudge S'mores Mug Cake is an easy dessert that cooks in the microwave in less than on 5 minutes!

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Generously spray the microwave safe mugs with cooking spray or lightly coat with melter butter

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Melt 3 tablespoons of butter in the microwave for approx. 20 seconds. Combine the melted butter with the graham crackers crumbs and stir until moistened. Press it into the bottom of the mugs.

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In a bowl, whisk the egg and granulated sugar together.

INGREDIENTS FOR 2 PERSONS

1 ripe Chiquita banana
3 ½ tbsp melted unsalted butter
3 tbsp graham crackers
2 tbsp granulated sugar
2 tbsp cacao powder
cinnamon
wheat flour
1 large egg
baking powder
Pinch of salt
2 marshmallows

NUTRITIONAL VALUES PER PERSON

579 Calories
29,7g Fat
17,3g Saturates
65,2g Carbohydrate
33,8g Sugars
5,5g Fibre
10g Protein
0,7g Salt

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Add the wheat flour, cacao powder, baking powder and salt. Stir until a thick batter forms. Add the remaining butter and stir.

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Cut the marshmallows in pieces.

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Add half of the mixture on the graham cracker crumbs and put some pieces of marshmallows in the batter. Add the remaining batter on top and pop in the microwave for 90 seconds. Add the remaining marshmallows on the cakes. Place them back in the microwave for 5 to 10 seconds to make them melt.

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