

Banana Oat Mug Cake

Ingredients

- 2 ½ tbsp, plus 1 ½ tsp Quaker® Oats (quick or old fashioned, uncooked)
- 2 tbsp self-rising flour
- 1 1/2 tsp packed light brown sugar
- 1/2 tsp cinnamon
- 3 tbsp mashed ripe banana
- 1 egg white, beaten until frothy
- 1/4 tsp Vanilla extract

How to make it

1. Place 2 ½ tbsp oats, the flour, sugar and cinnamon in microwave-safe mug; stir to mix well.
2. Stir in banana and egg white until well blended, scraping sides and bottom of mug with rubber spatula.
3. Sprinkle with remaining 1 ½ tsp oats.
4. Microwave on HIGH 80 to 90 seconds until risen and just firm to the touch.
5. Let stand 3 to 5 minutes before serving.



| PREP TIME | COOK TIME | TOTAL TIME | SERVINGS |
|-----------|-----------|------------|----------|
| 3 min | 2 min | 5 min | 1 |

Made with



Quaker® Oats-Old Fashioned