



Banana Oat Mug Cake



SERVINGS

1



COOKING TIME

80-90 seconds

When you're in the mood for cake but don't have the time to bake, our recipe for Banana Oat Mug Cake will hit the spot. This cake only takes 80-90 seconds to bake in the microwave for a quick dessert full of sweet bananas, chewy oats, and warm cinnamon.

Ingredients

- 2 1/2 tablespoons, plus 1-1/2 teaspoons [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 2 tablespoons self-rising flour
- 2 teaspoons packed light brown sugar
- 1/2 teaspoons cinnamon
- 3 tablespoons mashed ripe banana
- 1 egg white, beaten until frothy

Cooking Instructions

1. Place 2-1/2 tablespoons 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 1-1/2 teaspoons 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.