



Banana Nut Muffin in a Mug



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 195 calories, 4g total fat (0.5g sat. fat), 305mg sodium, 34g carbs, 5g fiber, 8g sugars, 6.5g protein

Prep: 5 minutes or less **Cook:** 5 minutes or less



Ingredients

1/4 cup (about 1/2 medium) mashed ripe banana
1 tbsp. (about 1/2 large) egg white or fat-free liquid egg substitute
1/2 tsp. vanilla extract
2 tbsp. whole-wheat flour
2 tbsp. old-fashioned oats
1 packet no-calorie sweetener
1/4 tsp. baking powder
1/8 tsp. cinnamon
Dash salt
2 walnut halves, chopped (about 2 tsp.)

Directions

In a small bowl, combine banana, egg white/substitute, and vanilla extract. Mix until uniform.

Spray a wide microwave-safe mug (or bowl) with nonstick spray. Add flour, oats, sweetener, baking powder, cinnamon, and salt. Mix well.

Add banana mixture to the mug, and mix until uniform. Top with chopped walnuts, and lightly press to adhere.

Microwave for 1 minute and 15 seconds, or until set.

MAKES 1 SERVING

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