



# Banana and walnut mugcake

## Ingredients (serves 3)

- 100 g ripe banana (about 1 whole unit)
- 15 g chocolate > 70% cocoa
- 15 g walnuts
- 60 g whole flour
- 50 ml milk (lactose-free in case of intolerance)
- 15 g extra virgin olive oil
- 5 g baking powder
- 1 egg

## Method

1. Whisk the egg until foamy.
2. Mash the banana in a bowl with a fork.
3. Add the egg, oil, and milk and mix well.
4. Add the flour and baking powder and mix with the rest of the ingredients until obtaining a homogenous batter.
5. Chop the chocolate and the walnuts and add to the batter.
6. Mix all the ingredients together with a fork or a manual mixer.
7. Distribute the dough into three mugs suitable for microwave cooking and bake individually for approximately two minutes and thirty seconds.

## Recommendations

The milk can be whole; semi-skimmed or skimmed; with or without lactose; enriched in calcium or vitamin D, according to personal needs.

The carbohydrate content from one mug is equivalent to that of a serving of fruit.