

Muffin in a Mug

Ingredients

- 1 egg
- 1 banana
- 1/2 teaspoon cinnamon
- 1/2 teaspoons vanilla
- 1/2 cup oats, quick
- 1 tablespoon flax seed, ground (optional)
- 2 tablespoon chocolate chips or raisins

Directions

1. In a large mug, crack an egg inside and beat with a fork.
2. Add banana and mash with fork.
3. Add cinnamon, vanilla, quick oats, flax and chocolate chips or raisins. Stir well to combine.
4. Microwave for 3 minutes. Enjoy!

Serves: 1

