

Microwave Banana Bread



1 serving



3 Minutes

This banana bread mug cake is super delicious, gluten-free and high in protein. Perfect for a healthy snack, quick breakfast, or healthy dessert.



INGREDIENTS

- 1 egg
- 1 banana
- 3 tbsp almond flour
- 1 tbsp chocolate chips

DIRECTIONS

1. In a medium bowl, mash up the banana with a fork (or I use a pastry cutter).
2. Crack the egg in this bowl and mix together.
3. Add the almond flour and stir, and mix in half the chocolate chips.
4. Pour the batter into a greased mug or small microwave-proof dish, or 2 small dishes.
5. Sprinkle the top with the remaining chocolate chips.
6. Microwave on high for 90 seconds for shallower dishes and up to 2 1/2 minutes for a single deeper mug.
7. Stop at 90 seconds and see if it's done; if not, microwave at 30 second intervals (so it doesn't overflow).
8. Wait a minute or two before devouring this single serving banana bread (if you can!) because it will be pretty hot.
9. Enjoy!!!

NOTES:

Microwave Breakfast Burrito



1 serving



5 Minutes

Make a Microwave Breakfast Burrito in a Mug. It's a fast way to make a nutritious and delicious breakfast with any ingredients you have on hand.



INGREDIENTS

- 1 large 9 inch tortilla (flour or whole wheat)
- 2 eggs
- 2 tablespoons beans (pinto/black beans)
- 2 tablespoons cheddar cheese , grated
- 2 tablespoons scallions , chopped
- salt and pepper

DIRECTIONS

1. In a large microwavable mug press in a fresh tortilla. It will naturally fold into the shape of the mug and find its way.
2. Crack in your eggs and whisk up with a fork, taking care not to tear the tortilla.
3. Now add in your favorite burrito mixins like cheese, beans, and scallions. Season with salt and pepper and mix all together. Whatever ingredients you have to hand will work great.
4. Microwave for 1 minute 20 seconds. Check, and if the eggs are still liquid, cook for another 15 -20 seconds. Keep an eye during cooking so the eggs don't overheat. The cook time is based on my 1200W microwave so yours might vary.
5. Once done, let it sit for 3 minutes to cool and serve with some sour cream and salsa on top. I like to eat a little out of the middles and then lift it out of the mug and roll it like a burrito.

NOTES:

Microwave English Muffin



1 serving



3 Minutes

Do you need a low carb bread substitute? This recipe is so easy and versatile. You can adjust this to compliment what you are serving it with.



INGREDIENTS

- 4 Tablespoons of Almond Flour
- 1/2 Teaspoon Baking powder
- 2 Pinches of salt
- 3 Tablespoon Water
- 1 Egg

DIRECTIONS

1. Mix all dry ingredients in a small bowl.
2. Add the wet ingredients to the bowl and mix well.
3. Spray a straight sided bowl or mug, about 4 inches in diameter, with non-stick spray. Add the batter to the bowl.
4. Microwave for 2 minutes (your microwave might need a little more or less time).
5. Cut in half horizontally and toast.
6. Top with whatever you want and enjoy!

NOTES: