

Banana Protein Oat Mug Muffin

Ingredients:

¼ cup rolled oats

1 banana (the riper, the better) mashed

1/2 scoop vegan protein powder

1 egg white

1 stevia packet (or 1 teaspoon sugar of choice)

1/4 teaspoon baking powder

Pinch of cinnamon

Pinch of salt

Toppings of choice

Directions:

1. Mix all ingredients together in a bowl.

2. Spray a microwave safe mug with cooking spray.

3. Microwave for 3 minutes 30 seconds.

4. Let sit 1 minute.

5. Add any toppings. A few of my favorites: chocolate chips and cocoa powder (cocoa powder added to batter), fresh fruit, dairy free whipped topping, and sliced bananas or peaches.