



## CHOCOLATE AND BANANA MUG CAKE

*Start to finish: 5 minutes*

*Serves: 1*

### INGREDIENTS:

1 tablespoon butter  
1 egg  
1 tablespoon milk  
1 ripe banana, smashed  
3 tablespoons all-purpose flour  
1 tablespoon cocoa powder  
3 tablespoons brown sugar  
1/2 teaspoon baking powder  
2 tablespoons Nutella or preferred hazelnut spread  
2 tablespoons chopped hazelnuts

### DIRECTIONS:

Place butter in a coffee mug. Put the mug in the microwave to melt the butter, about 10 seconds. Remove the mug from the microwave.

Add the egg and milk to the mug and beat lightly until combined well. Add the banana and combine until smooth. Mix in the dry ingredients until smooth. Cook the mixture in the microwave for 1 minute. Let cool for 1 minute. Garnish with hazelnut spread and chopped hazelnuts.