

Microwave Banana Bread

Bialik College Kitchen Garden Program



Ingredients:

- 3 ½ tablespoons Plain Flour
- 2 teaspoons caster sugar
- 2 tablespoons brown sugar
- 1/8 teaspoon Bicarbonate Soda
- 1/8 teaspoon Baking Powder
- 1/8 teaspoon salt
- 1 egg
- ¼ teaspoon vanilla extract
- 1 tablespoon vegetable oil or similar
- 1 tablespoon milk (any type)
- ½ banana, mashed
- pinch of cinnamon, optional
- butter or non-stick spray, to coat mug

Equipment:

- Microwave
- Large Microwave safe mug
- Microwave safe plate
- Spoon
- Fork

Method:

1. Grease the base and sides of a Microwave safe mug using butter or spray.
2. Combine and mix together Plain flour, caster sugar and brown sugar.
3. Add Bicarbonate soda, baking powder, salt and mix together using a spoon.
4. Add egg and mix using a fork.
5. Stir in vanilla, oil and milk.
6. Add mashed banana and cinnamon, if using.
7. Place mug on a Microwave safe plate and put into Microwave.
8. Microwave for 1 ½ - 3 minutes, depending on the strength of your Microwave. You can cook for an extra 30 seconds, if need be.
9. Enjoy! 😊