

ROAD NOTES RV HEALTHY RECIPE

Vegan Mug Cake Dessert



Ready in 5 **minutes**

Serves **1 serving**

Ingredients

- 1 Banana
- 1 Apple (peeled)
- 1/2 cup non-dairy milk
- All-Purpose Flour
- 3 tsp Baking Powder
- 2 tsp Jelly
- Cinnamon Powder
- 1/2 Lemon Juice

Preparation

1. In a microwave safe bowl add banana and squish with a fork.
2. Add lemon juice and cinnamon powder.
3. Add Flour and baking powder.
4. Add milk and stir until you get firm consistency (if too liquid, add more flour).
5. Add the apple piece (1 apple peeled and cut to cubes) and stir well again.
6. Add Jelly of your choosing to the center of the bowl.
7. Microwave for minutes.
8. Enjoy your Dessert!

Meal Information

Calories: 742

Protein: 14.8g

Fat: 2g

Carbs: 3.25 oz

Vegan Mug Cake is a perfect little treat after a hard run or ride. Enjoy a reasonable portion as a dessert or snack that is easy, and only takes minutes to make.

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