

The Magic House Proudly Presents
Magic at Home!



Muffin in a Mug

What you'll need:

- 1/2 very ripe banana
- 1/4 teaspoon vanilla extract
- 2 tablespoons all-purpose flour, or gluten-free flour mix
- 1/4 teaspoon baking powder

Optional add ins:

- Mini chocolate chips
- Sprinkles
- Chopped walnuts or pecans

Instructions:

1. Mash the banana in a small bowl and mix in vanilla extract.
2. Put the flour and baking powder in a small espresso mug. Blend thoroughly with a fork.
3. Add the mashed bananas, mix in any additional mix-ins like chocolate chips or nuts
4. Microwave 90 seconds then let it cool about 1 minute before eating. If making a double batch in a large mug, cook 2 minutes.

