

“Mug cake. Easy, fast & healthy”

You will need the following materials & ingredients to join this Instagram live:

Ingredients

- 1 banana
- 1 egg
- 2 - 3 tablespoons of oat flakes
- 1 teaspoon of pure cocoa
- Optional: nuts, assorted seeds...

Materials

- A tall glass or blender glass
- An arm mixer
- A big mug
- A microwave