

Cookie in a Mug

INGREDIENTS

- $\frac{1}{2}$ medium banana
- 1 $\frac{1}{2}$ tablespoons peanut butter
- $\frac{1}{2}$ tablespoon honey
- 1 tablespoon milk
- 4 tablespoons oats
- 1 tablespoon raisins (seeds or nuts work too)

TIME: 5 MINUTES

SERVINGS: 1



Adapted from: therealfooddietitians.com



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PROCEDURE

1. In a large microwavable mug, mash the banana well with a fork.
2. Mix in peanut butter, honey, and milk
3. Stir in oats and raisins
4. Microwave for 45 seconds to 1 minute or until firm to the touch on top.
(Cook time may vary)
5. Enjoy warm!

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