

Cookie in a Mug

INGREDIENTS

- ½ medium banana
- 1 ½ tablespoons peanut butter
- ½ 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



Cookie in a Mug

INGREDIENTS

- ½ medium banana
- 1 ½ tablespoons peanut butter
- ½ 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



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!

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!