



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Nutrition & Wellness Educator Jenna Smith, MPH, RD
Serving McLean, Livingston, & Woodford Counties

Banana Chocolate Mug Muffin



1/2 ripe banana
2 Tablespoons whole wheat flour
2 teaspoons unsweetened cocoa
1 packet sucralose or other artificial
sweetener

1/2 teaspoon baking soda
2 Tablespoons skim milk
1/2 Tablespoon chocolate chips

Instructions: Mash banana in mug. Pour flour, cocoa, sweetener, and baking soda over the top of the banana and mix together. Add milk and mix. Add in dark chocolate chips and mix again. Place in the microwave for 45 seconds to 1 minute. ENJOY!

Yield: 1 muffin (1 serving)

Nutritional Facts (per serving): 160 calories, 3.5 grams of fat, 350 milligrams sodium, 32 grams carbohydrate, 5 grams fiber, 5 grams protein