



Recipe Details

Recipe Name - One Minute Chocolate Cake

Recipe Steps -

Ingredients

Single Serve:

- 1/2 banana, mashed
- 2 Tbsp cocoa (for less chocolate, use 1 Tbs cocoa and 1 Tbs flour)
- 1/2 tsp baking powder
- 1 Tbsp maple syrup
- 1/2 Tbsp plant milk

9 Muffins:

- 3 Bananas, mashed
- 3/4 cup cocoa
- 3 tsp baking powder
- 1/4 cup + 2 Tbsp maple syrup
- 3 Tbsp plant milk

Instructions

Single Serve:

1. Mash bananas in a mug or small microwave-safe bowl
2. Add all other ingredients, and incorporate well
3. Microwave on high for 1 minute; let sit for 1 to 2 minutes
4. Enjoy!

9 Muffins:

1. Mix all ingredients together.
2. Place in a silicon muffin pan (makes 9 large muffins).
3. Microwave on high for 4 minutes

