

# MICROWAVE BREAKFAST CAKE FOR ONE

Preparation: **5** minutes | Cooking: **5** minutes | Servings: **1**

## INGREDIENTS

*1 egg yolk*  
*1/2 very ripe medium banana, mashed*  
*3 tablespoons white whole wheat flour*  
*1 tablespoons milk or non-dairy milk*  
*1 tablespoon semisweet chocolate chips*  
*1 tablespoon chopped walnuts, plus additional for topping*  
*1/2 teaspoon chia seeds*  
*1/2 teaspoon vanilla extract*  
*1/4 teaspoon baking powder*  
*Orange zest for topping*  
*Honey for topping*



## INSTRUCTIONS

Combine milk, chia seeds, vanilla, egg yolk and banana in a small, microwave-safe jar or container. Add flour and baking powder and stir until batter thickens. Fold in chocolate chips and 1 tablespoon walnuts until evenly mixed. Store in fridge until ready to eat. Microwave batter on high for 1 to 1 1/2 minutes. Add orange zest, more walnuts and optional honey to top. Enjoy!