Banana Peanut Butter Mug Cake

INGREDIENTS
- 1 banana
- 1 egg
- 1 tbsp milk (or plant based milk)
- A splash of maple syrup (optional)
- 1 Tbsp peanut butter
- 3 Tbsp all-purpose flour
- Pinch of sea salt
- Handful of chocolate chips or chopped dark chocolate (optional)

DIRECTIONS:
Mash banana in a large mug. Whisk in egg, milk, and maple syrup (optional) until smooth. Stir in peanut butter, then stir in flour, sea salt, and chocolate chips (if using).

Microwave for 2 minutes - keep an eye on it! It’s ok if it comes up over the top of the mug a little, but if it looks like it is going to spill over, open the microwave door for a second to let it deflate. Allow to cool and enjoy!