

2-Minute Mug Pancake

yield: 1 SERVING

cook time: 1 MINUTE

prep time: 1 MINUTE

total time: 2 MINUTES



INGREDIENTS

- 4 tbsp flour
- 1 ½ tsp sugar
- ½ tsp baking powder
- 3 tbsp milk or water
- ½ tsp vanilla

INSTRUCTIONS

1. Combine flour, sugar, & baking powder in microwave safe mug.
2. Add vanilla and milk or water. Mix well.
3. Microwave for 60 seconds.
4. Top with desired topping(s).

*All you need are a mug, spoon, and 2 minutes!
Perfect for a quick & easy breakfast or snack.*

Toppings: strawberries, blueberries, raspberries, blackberries, chocolate chips, maple syrup, honey, yogurt, banana slices, granola, brown sugar.

Flour Options: all-purpose, whole wheat, oat, gluten-free.

Protein Pancakes: substitute half the flour for protein powder.

30-Second Method: 5 tbsp + 1 tsp premade pancake mix + 2-4 tbsp water.