

The Easiest Banana Cake: Microwave Condensed Milk Magic

Microwave Banana Condensed Milk Cake



TIME
10 min

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INGREDIENTS

1 ripe banana, mashed
1/4 cup all-purpose flour
1/4 teaspoon baking powder
2 tablespoons sweetened condensed milk
1 tablespoon vegetable oil (or melted butter)
1/4 teaspoon vanilla extract
Pinch of cinnamon (optional, but recommended for warmth)
Pinch of salt

DIRECTIONS

1. Ready to bake? Let's get this cake going!
2. Prepare the : Banana: In a microwave-safe mug (a 12-14 ounce mug works best), mash the ripe banana with a fork until mostly smooth. A few small lumps are perfectly fine.
3. Add : Wet Ingredients: Stir in the sweetened condensed milk, vegetable oil (or melted butter), and vanilla extract until well combined with the mashed banana.
4. Mix : Dry Ingredients: Add the all-purpose flour, baking powder, optional cinnamon, and pinch of salt to the mug. Stir gently until just combined. Be careful not to overmix; a few small lumps of flour are okay. Overmixing can lead to a tough cake.
5. Microwave: Place the mug in the microwave. Cook on high for 1 minute to 1 minute 30 seconds. Cooking times can vary based on your microwave's wattage. Start with 1 minute and then add 15-second increments until the cake is set and springs back lightly when touched. The top might look a little wet, but the cake should be cooked through.
6. Cool : Slightly & Serve: Carefully remove the mug from the microwave (it will be hot!). Let the cake cool in the mug for a minute or two before digging in.

SWAPS & NOTES

Brown spots mean more sweetness and a softer texture, perfect for mashing.

If you don't have a very ripe banana, a less ripe one will work, but the banana flavor might be less pronounced.

Flour : While all-purpose is standard, you can experiment with 1:1 gluten-free flour blends.

I haven't tested this with whole wheat flour, but it might make the cake a bit denser.

TIPS FOR SUCCESS

Don't Overmix : Seriously, this is one of the biggest pitfalls for microwave cakes.

Mix until just combined to keep it tender.

Know Your Microwave : Microwave wattages vary wildly.

It's always best to start with the lower end of the cooking time and add more as needed.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-easiest-banana-cake-microwave-condensed-milk-magic/>