


MY EGG WHITES JUST THE WAY I LIKE THEM!



**Tip**  
Quick,  
but delicious recipe!  
My body says  
yummy!

Easy  1 pers.

# BOWLCAKE BANANA & CHOCOLATE CHIPS



**Préparation :** 5 min **Calories :** 655 kcal

- 1/2 smashed banana
- +
- 40 g ROA VANILLA egg whites
- +
- 100 g banana compot
- +
- 20 g almond flour
- +
- 20 g rice flakes
- +
- 10 g chocolate chips
- +
- 1 teaspoon of baking powder



- 1 Mix all the ingredients in a bowl. Cook in a microwave for 3 minutes.
- 2 Enjoy :-)