Muffin in a Minute!

A quick treat that ***ANYONE*** can make! Popular on the internet made several ways. Create your own favorite from this basic recipe.

- ¼ cup **Flax Meal** or **Almond Flour**
- ¼ cup **Heavy Whipping Cream**
- 1 tsp **Coconut Oil**
- pinch **Guar Gum** *(optional)*
- ½ tsp **Cinnamon**
- ¼ tsp **Baking Powder**
- ¼ tsp **Stevia**
- 1 **Egg**

Grab a coffee mug. Add all ingredients & stir. Pop into the microwave for one minute & watch this muffin puff!!!
Pop it out, slather with butter, cream cheese or both!

**Wash or soak the mug right away as the batter tends to stick to the rim.*

Variations: *So many ideas for this one!* Nuts? Spices? Add a ¼ tsp. orange, vanilla or almond extract. *Think savory!* Leave out the sweetener/cinnamon & add a TBL of cooked sausage or ham, 1 TBL grated cheese, sprinkle of garlic salt & pepper for lunch or a snack.

4-5 blueberries will add less than 1 gram of carbs!

Yield: 1 muffin with Almond Flour
4.5g net Carbs; 13g Protein; 44g Fat

Make it...

Yield: 1 muffin with Flax Meal
2g net Carbs; 13.5g Protein; 41g Fat

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