



# MUFFIN IN A CUP

## INGREDIENTS:

- ¼ cup almond flour
- 1 large egg
- 1 tsp baking powder
- 1 tsp sweetener of choice
- 1 tsp vanilla extract
- 1 tsp coconut oil, melted (or oil of choice)

## INSTRUCTIONS:

- Spray the inside of a 12oz mug (Microwave safe) with non stick cooking spray.
- Mix all ingredients with a fork and microwave on high for 1 min.
- Let cool for at least 2-3 minutes.

## OPTIONAL TOPPINGS

- Fresh blueberries
- Cream cheese
- Jam/jelly

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