



Flax Muffin in a Mug

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug muffin

Ingredients

Nonstick cooking spray

1 egg

3 tablespoons flax meal (ground flaxseed)

1 tablespoon ground cinnamon

½ teaspoon baking powder

1 packet stevia (¼ teaspoon powdered stevia)
or 10 drops liquid stevia (about ½ teaspoon)

½ cup fresh or frozen blueberries (do not thaw
if frozen)

Directions

1. Spray the inside of a microwave-safe mug with nonstick cooking spray. Set aside.
2. Crack the egg into a small bowl, then gently whisk the yolk and white together with a fork.
3. Add the flax meal, cinnamon, baking powder, and stevia. Stir with the fork until well combined, then gently stir in the blueberries.
4. Pour the mixture into the prepared mug, then microwave on high power (default setting) until fully set but not dry, about 1½-2 minutes.
5. Let cool in the mug for 2-5 minutes, then turn the mug over and gently shake to remove the muffin.
6. Serve warm or at room temperature.

Recipe Notes

- Two teaspoons of a sugar-based sweetener (e.g. white sugar, brown sugar, honey) can be used in place of the stevia, if desired.
- This muffin recipe is loaded with fiber and omega-3 fatty acids, making it a quick and filling addition to your breakfast routine or a grab-and-go snack option.
- Another fresh or frozen fruit can be substituted for the blueberries, if desired. Some ideas include cubed mango, sliced strawberries, whole blackberries or raspberries, diced peaches, sliced bananas, and chopped apples.

**Nutrition Facts Per Serving: Calories: 235 | Total Fat: 11 g | Saturated Fat: 2 g
Sodium: 70 mg | Total Carbohydrate: 23 g | Dietary Fiber: 11 g | Protein: 10 g**

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