



Flax Muffin in a Mug

In a hurry? This fiber-loaded, high-protein muffin can be thrown together and cooked in 2 minutes in your microwave, yes in a mug. A low glycemic-load option to fast-fuel your day! Any type of moist fruit can be used, change it up for variety. A tablespoon is a LOT of cinnamon, but try it – it helps to mask the flax-y taste.

Ingredients:

1 egg
3 tablespoons flax meal (ground flaxseed)
1 tablespoon ground cinnamon
1/2 teaspoon baking powder
1 packet stevia (1/4 teaspoon powdered stevia) or 10 drops liquid stevia (about 1/2 teaspoon)
1/2 cup fruit (fresh or frozen is fine)
Example: berries, cherries, plum, peaches, banana, mango, etc. A moist fruit works best!

How to make:

In a microwave-safe mug, whisk the egg with a fork.

Add ground flaxseed, baking powder, stevia, and cinnamon; mix well until all ingredients are moistened. Add fruit and stir again.

Cook in a microwave on high for 1 minute and 45 seconds. (Cooking times may vary depending on microwave strength. Add about 15 seconds if the fruit was frozen.) Let cool slightly, and remove muffin by inverting mug and shaking gently. Allow to cool before eating.

Note:

Two teaspoons of a sugar-based sweetener (coconut sugar, honey, brown sugar) can be used in place of the stevia, but will no longer be considered 'paleo' or 'keto'.

Nutrition Facts (for whole muffin): 245 Calories; 15g fat; 22g carbohydrates (11g fiber); 11g protein; 260mg sodium