

Blueberry Muffin in a Mug

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Serves: Makes 1 muffin
Protein: 0.4 g per muffin
Calories: 360 per muffin



Ingredients

- 4 Tbsp. Mixquick (Bought from Cambrooke Therapeutics)
- 1 Tbsp. Brown Sugar
- 3 Tbsp. non-dairy creamer
- 1 Tbsp. Canola Oil
- ¼ tsp. cinnamon
- 1 tsp. vanilla
- 1/8 cup blueberries

Directions

Combine first six ingredients in a 10 or 12 oz. coffee mug. Mix until combined. Add the blueberries and stir gently. Microwave on high for one minute. Allow to cool one minute then enjoy!