

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

One Minute Flax Muffins in a Cup

(Makes 1 muffin)

Now this recipe is truly for the busy woman! You can beef it up by adding in some vanilla or chocolate protein powder, and you can add in some fruit too. Just make sure you've got a bigger cup! I simply love the simplicity and ease of this one....

Ingredients

- 1/4 cup flax meal
- 1/2 tsp baking powder
- 1/4 tsp stevia powder
- 1 tsp cinnamon
- 1 egg
- 1 tsp oil



Instructions

Mix all ingredients in a coffee mug. Microwave for one minute on high. If using frozen berries, microwave for 90 seconds on high. Smooth on some butter and enjoy! The muffin will be moist at first, but as it cools, it goes away.

Nutritional Information (per serving)

Calories...247

Protein...12.3g

Carbohydrate...12.7g

Fat...18 g