

Blueberry MIM (a NowICanEatCake recipe)

Get This:

- 1 T. coconut oil
- splash of vanilla
- 1 egg
- 4 T. almond flour
- 1 T. coconut flour
- 1 t. ground flax
- 1/2 t. baking powder
- 3/4 t. cinnamon
- 3-4 T. sweetener of choice
- 1/4 c. frozen blueberries

Do This:

1. Melt coconut oil in large mug or bowl.
2. Pour in splash of vanilla.
3. Add egg and mix well.
4. Mix in flour, sweetener, flax baking powder and cinnamon.
5. Next fold in your blueberries.
6. Microwave for 1m 20s. If muffin is still moist, microwave another 10-20s.
7. Enjoy as is or add some whipped topping for an extra treat!

Notes: You could use any frozen berry for this recipe, or even fresh berries. As written, this recipe is an S. I have not tried any other flour, but I'm assuming you could use oat flour and 1/4 c. egg whites or so to make this an E. I have started making this recipe in a bowl instead of a cup and I love it even more!!