FASTEST-EVER BLUEBERRY MUFFIN

Servings: 2 Cook Time: 20 Minutes

Ingredients:

- Oil for greasing or of Nonstick Cooking Spray
- 2 tablespoons Blueberries fresh or frozen
- 4 tablespoons Flour or of Ground Flaxseed or of Almond Meal
- 1/2 teaspoon Baking Powder
- 1/2 teaspoon Cinnamon
- 1 Egg
- 1 tablespoon Honey or of Maple Syrup or of Sugar

Anderson Free Clinic
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Directions

1.Grease a microwave-safe cup or bowl with butter or oil.
2.Mix dry ingredients together thoroughly. (You can do this in a separate bowl or directly in the prepared dish.)
3.Add egg and honey. Mix together.
4.Stir in blueberries.
5.Microwave for 60-90 seconds (depending on strength of microwave), or until fully cooked.

Nutrition Facts

Serving Size 1.00 muffin
Serving Per Container 1

Amount Per Serving	
Calories 279	
	% Daily Value*
Total Fat 5 g	**6%**
Saturated Fat 2 g	**10%**
Sodium 246 mg	**11%**
Total Carbohydrate 46 g	**17%**
Dietary Fiber 5 g	**18%**
Protein 11 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: