



Bursting-with-Blueberries Muffin in a Mug



Entire recipe: 148 calories, 1g total fat (0g sat. fat), 488mg sodium, 28g carbs, 3.5g fiber, 5.5g sugars, 6.5g protein

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Prep: 5 minutes **Cook:** 5 minutes

Cool: 25 minutes

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Ingredients

- 2 tbsp. whole-wheat flour
- 1 tbsp. all-purpose flour
- 3 no-calorie sweetener packets (like Truvia)
- 1/4 tsp. baking powder
- 1/8 tsp. cinnamon
- 1/8 tsp. salt
- 2 tbsp. unsweetened vanilla almond milk
- 2 tbsp. egg whites (about 1 egg's worth) or fat-free liquid egg substitute
- 1 tbsp. unsweetened applesauce
- 1/2 tsp. vanilla extract
- 1/4 cup blueberries (fresh or thawed from frozen and drained)

Directions

Spray a large microwave-safe mug with nonstick spray. Add both types of flour, sweetener, baking powder, cinnamon, and salt. Mix well.

Add all remaining ingredients *except* blueberries. Stir until uniform.

Gently fold in blueberries.

Microwave for 2 1/2 minutes, or until set.

Immediately run a knife along the edges to help separate the cake from the mug.

Gently shake mug to release muffin, and plate, right side up.

Let cool completely, about 25 minutes. (This step is a must for best texture.)

MAKES 1 SERVING

HG FYI: If using frozen blueberries, check the ingredient list to make sure no sugar has been added; the only ingredient should be the fruit itself.

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