



Blueberry Muffin in a Mug

Servings 1 | Prep time 5 mins. | Total time 7 mins.

Equipment: Microwave-safe mug or cereal bowl, Measuring spoons, Measuring cups

Utensils: Spoon

Ingredients

1/4 cup whole wheat flour
1 tablespoon brown sugar
1/4 teaspoon baking powder
1/8 teaspoon salt
Pinch cinnamon
1/2 tablespoon butter
3 tablespoons low-fat milk
3-4 tablespoons fresh or frozen blueberries, plus
1/2 cup additional berries for serving

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a microwave safe mug or cereal bowl, combine flour, brown sugar, baking powder, salt, and cinnamon and mix well.
3. Add the butter to the mug; using your fingers to rub or smooch the butter into the flour mixture until no large chunks of butter remain.
4. Add milk to the flour mixture and stir together.
5. Add 3-4 tablespoons blueberries and stir until they are evenly distributed.
6. Microwave on high for approximately 90 seconds. Remove from microwave, stir, and microwave for an additional 30 seconds.
7. Serve immediately with remaining 1/2 cup blueberries.

Nutritional Information:

Calories 250
Total Fat 7g
Sodium 440mg
Total Carbs 44g
Protein 6g