



Blueberry Muffin in a Mug

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

Equipment:

Microwave-safe mug or cereal bowl

Utensils:

Spoon

Fork

Measuring cups and spoons

Ingredients

1/4 cup whole wheat flour

1 tablespoon brown sugar

1/4 teaspoon baking powder

1/8 teaspoon salt

1 pinch ground cinnamon

1/2 tablespoon butter

3 tablespoons low-fat milk

3 to 4 tablespoons (fresh or thawed frozen) blueberries, plus 1/2 cup additional berries for serving

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. In a microwave-safe mug or cereal bowl, combine flour, brown sugar, baking powder, salt, and cinnamon. Mix well.
3. Add the butter to the mug. Using a fork or back of a spoon, mix and smash 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 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