



## Coconut blueberry mug muffin

Quick and delicious - not a complete meal, definitely a substantial snack. Serve alongside a couple of hardboiled eggs and call it breakfast. I've served it with citrus curd. Per muffin: Cal: 236; Fat: 16g; Pro: 11g; Carbs 11g (7 of this is fibre).

**Serves: 1, Prep time: 00:05, Cook time: 00:01**

## Instructions

Melt the coconut oil, add this to all ingredients except the blueberries and mix until combined. Gently fold in the blueberries.

Microwave for 90 seconds, stopping at 60 seconds to check progress (times may vary).

Enjoy.

## Ingredients

- 1 teaspoon Coconut oil
- 1.5 tablespoon Coconut flour
- 1 tablespoon Almond meal
- 1 Eggs
- 1 tablespoon Coconut, desiccated
- 0.25 teaspoon Baking powder
- 2 tablespoon Blueberry, frozen
- 0.25 teaspoon Salt, Himalayan