



Cottage cheese mug muffin

Quick, easy and delicious. Serves 1. Per serve;
Cal: 231; Fat: 8g; Pro: 21g; Carbs: 19g.

Serves: 1, Prep time: 00:05, Cook time: 00:02

Instructions

Blend all the ingredients together in food processor and pour into a microwave safe cup or small bowl which has been greased with coconut oil or butter. Microwave for 2- 3 minutes, checking after 2 (depends on strength of microwave when it is done; for me, 3 minutes was 'just' cooked.)

Top with a dollop of your favourite yoghurt (no added sugar) and a few berries.

Ingredients

- 0.5 Banana
- 0.5 cups Cottage cheese
- 1 Eggs
- 1 tablespoon Flaxmeal
- 0.5 teaspoon Vanilla extract
- 0.5 teaspoon Baking powder