

## Atkins - Muffin-in-a-Minute

net carbs 12 grams,  
fiber 8.8 grams,  
protein 12 grams,  
fat 18 grams,  
calories 243

### Ingredients

1/4 cup	flax meal
1/2 tsp	baking powder
1 packet	Sugar or sugar substitute
1 tsp	cinnamon
1 large	egg
1 tsp	butter, lard or coconut oil
Optional	1 tsp sour cream for moisture

### Directions

Put dry ingredients in a coffee mug, stir. Add egg & butter, mix.  
Microwave for 1 or more minutes. Use with cream cheese.  
Make it in a bowl to change shape, can be toasted.

Alternative: add 1 or 2 tbs ground nuts and any other flavors you like. Blueberries make a great addition.



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