

HEALTHY MUFFIN RECIPE

¼ cup Ground Flax Seed
1 tsp. Baking Powder
1 package Truvia = 1 tsp
½ tbsp Cinnamon
1 Egg
1 tsp. Coconut Oil
1 medium banana
Microwave for 60 seconds

makes two servings

per serving: approx. 145 calories, 5 grams protein, 7 grams sugar (banana)

variations: *Just be aware of the added sugar

* dark chocolate chips- takes like dessert.

*cocoa nibs

*raisins

Unsweetened coconut

Walnuts- added healthy fat

pumpkin- added fiber and moisture