



### **Muffin in a Cup**

1/4 cup almond meal flour  
1 scoop vanilla protein powder  
1/4 tsp baking powder (double acting)  
1/8 tsp salt  
1/2 tsp cinnamon  
1 tsp vanilla extract  
1 large egg  
1 tsp vegetable oil  
1 Tbsp H2O  
1 Tbsp Greek Yogurt  
Fruit of choice (blueberries, etc) [Optional]

Place all dry ingredients in a coffee mug. Stir to combine.

Add the sugar free vanilla syrup, egg, and oil. Stir until thoroughly combined.

Microwave for 1 minute.

Use a knife to help remove the muffin from the cup. Slice and eat. Makes 2 servings.

Nutrition Information (per Serving): 208 Calories, 13g Fat, 4g Carbohydrates, 24.5g Protein, 1.5g Fiber, 114mg Sodium

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