

## MUST-TRY MUFFIN-IN-A-MINUTE

### Ingredients

- . 1/4 Cup Flaxseed Meal
- . 1/2 teaspoon Baking Powder
- . 1/2 teaspoon cinnamon
- . 1 tablespoon Splenda (optional)
- . 1 egg

### Directions

Mix everything together in a coffee cup. Cook for one minute in the microwave. Turn the cup upside down to take the muffin out. If it looks wet, let it sit for a minute or so.

Yields: 1 muffin

Calories: 180

Fat: 13 g

Protein: 12 g

Carb: 8 g (8 g fiber)

*Try adding a teaspoon of blueberries or fat-free cream cheese before cooking.*

*Top with low sugar jelly like Polaner All Fruit in Raspberry or Apricot.*

*Flaxseed meal, or ground flax seeds, can be found in health food stores and most supermarkets. Keep it fresh by storing it in an air tight container in the fridge.*

## RECIPES



*For eating well after bariatric surgery*



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