

Healthy Blueberry Muffin in a Mug (single serving)

Yield: 1 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-blueberry-muffin-recipe-with-greek-yogurt>

Ingredients:

- 1/4 cup oats GF if needed
- 1 tablespoon flour I use Oat Flour -- ground up oats
- 1 egg
- 2 tablespoons greek yogurt flavor of choice
- 1 tablespoon honey
- 1 tablespoon nut butter I used Cashew but PB would work too!
- 1/2 teaspoon vanilla extract each:, and Baking Powder
- 1 dash sea salt
- blueberries as desired, I just threw in a handful!

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 215 milligrams
4. Fat: 17 grams
5. Fiber: 8 grams
6. Protein: 20 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 460 milligrams
9. Sugar: 36 grams

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