

Cinnamon Roll Mug Fat Bomb

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-nut-roll-bread-recipe>

Ingredients:

- roll CINNAMON
- 3 tablespoons almond flour
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 tablespoon butter Melted
- 1/2 teaspoon cinnamon
- 1/2 tablespoon xylitol

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams
8. Sodium: 140 milligrams
9. Sugar: 1 grams

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