



Easy Muffin

Instructions:

Put all the ingredients in a coffee mug and mix well.

Microwave for 4 minutes.

Allow to cool.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

2 minutes

Cook Time:

4 minutes

Ingredients:

1/4 cup oat bran (Use the creamier brands like Mothers/ Quaker, NOT Hodgson's Mill)

1 egg white (or 1 oz. liquid egg whites)

1 oz. water

1/4 tsp. baking powder

cinnamon/ vanilla extract/
salt to taste – optional