



## Easy Muffin

### Instructions:

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

Microwave for 4 minutes.

Allow to cool.

**Counts as 1 snack**

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### Prep Time:

3 minutes

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### Cook Time:

4 minutes

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### 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/cocoa to taste

vanilla extract to taste

up to 2 packets zero calorie sweetener - optional