

Cinnamon Muffin in a Mug



Got a mid-morning snack craving? This microwave muffin recipe takes a grand total of 6 minutes to whip up, cooking time included! It's handy when you've got nothing prepared for snack time. Simple, nutritious, and delicious, this muffin will satisfy your cravings and tantalize your taste buds with a delightful hint of cinnamon roll.

Preparation 5 min
Cooking 1 min
Servings 1
Nutrition Facts (per serving)
Calories 240
Fat 6
Carbohydrates 38
Fibre 6
Protein 9
Sodium 90

Ingredients

- 1 egg
- 30 ml (2 tbsp) unsweetened soy beverage (or milk)
- 15 ml (1 tbsp) quick oats

- 15 ml (1 tbsp) buckwheat flour
- 15 ml (1 tbsp) raisins
- 15 ml (1 tbsp) maple syrup (or honey)
- 5 ml (1 tsp) psyllium husk
- 2.5 ml (½ tsp) cinnamon
- 2.5 ml (½ tsp) baking powder

Note: You can easily substitute the buckwheat flour with another whole grain flour, such as whole wheat, oat, spelt, or kamut flour.

Preparation

1. In a large microwave-safe mug, add all the ingredients and mix well.
2. Microwave for 1 minute and enjoy warm.

Notes

Keeps for 5 days in the refrigerator in an airtight container.



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