

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Coffee Mug Pumpkin Muffins

Yields: 1 muffin

INGREDIENTS:

- 1 egg
- 1/3 cup pumpkin puree
- 3 tablespoon ground flaxseed meal
- 1 1/2 teaspoons honey
- 1 teaspoon coconut oil
- 1/2 teaspoon pumpkin pie spice (dash each of cinnamon, nutmeg, ginger, cloves)
- Optional: chopped nuts of choice



DIRECTIONS:

- ♥ Break egg into large microwave-safe coffee mug (that has been sprayed with cooking spray!!). Gently beat with fork.
- ♥ Mix in pumpkin puree, honey, coconut oil, pumpkin pie spice, and flaxseed meal (nuts if using).
- ♥ Microwave on high for two minutes, but watch to make sure your muffin doesn't rise over the top of your mug.
- ♥ Eat your muffin right out of the mug, or flip it over on a small plate and sprinkle some extra cinnamon on top.

BONUS: each coffee mug muffin is under 300 calories!

Compliments of Eat Your Heart Out Edibles

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