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Muffin in a Bowl (FP)

Single Serve

INGREDIENTS:

- 2 tablespoons THM Oat Fiber
- 2 tablespoons unsweetened cocoa powder (or, peanut flour)
- 3/4 teaspoons THM Glucomannan ("gluccie")
- 1/2 teaspoons aluminum-free baking powder
- 2 teaspoons THM Super Sweet Blend (2 to 4 tsp THM Super Sweet Blend; or 4 to 8 tsp THM Gentle Sweet)
- 1/3 cup egg white (s)
- 3 tablespoons water

INSTRUCTIONS:

1. Place all dry ingredients into a microwave safe bowl. Whisk well to be sure to incorporate the glucomannan.
2. Add in the egg whites and water and stir well.
3. Microwave for 1 minute. Do not overcook as this will make the texture dry. The center should still be slightly underdone. If your microwave only runs high, check at 45 seconds. (Serene says you can bake this in the oven at 350 for 8–12 minutes or use a waffle iron!)