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## Kiss of Fall Cinnamon MIM (S)

*Don't worry, summer isn't officially over quite yet. This is just a little kiss of fall! Keep catching those fireflies at night for as long as possible! But, maybe we are ready to daydream just a little about the cooler weather, the beautiful autumn colors and all the tastes of fall? If you're ready for a little kiss of fall during these last days of summer, let this muffin be your debut into the new season!*

Serving Size: Single-serve

### **INGREDIENTS FOR THE MIM:**

- 1 egg
- 1 & 1/2 teaspoon coconut oil
- 1 Tablespoon water
- 1 cinnamon flavored MIM packet
- 1 doonk Natural Pecan Burst extract
- 1 doonk Natural Maple Burst extract

### **INGREDIENTS FOR THE MIM CREAM CHEESE ICING:**

- 1 teaspoon butter
- 2 teaspoons 1/3 less fat cream cheese
- 1 drop or doonk Natural Caramel Burst extract
- THM Gentle Sweet (to taste)

### **INSTRUCTIONS FOR THE MIM:**

1. With a fork, combine all the ingredients into a small bowl or microwave safe mug.
2. Microwave for 85-90 seconds or bake 12 minutes in a 350 degree oven.
3. Top with butter, dollop of whipped cream, or "MIM Cream Cheese Icing".

***(Recipe Continued...)***

*(Kiss of Fall Cinnamon MIM, Continued...)*

**INSTRUCTIONS FOR THE MIM CREAM CHEESE ICING:**

1. Combine all the ingredients in a small bowl.
2. Stir well until combined and smooth.
3. Spread on cooled MIM or warm a tad to drizzle onto a freshly baked MIM.



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The *Kiss of Fall Cinnamon MIM* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)