

“Nutmeal”

From Be A Loser

Preparation time: 5 minutes

Cook time: 90 seconds

Serves: 1

Ingredients

- ½ cup walnuts/pecans, ground
- ¼ cup heavy cream
- 1 tbsp butter (salted)
- 1 tbsp sugar-free strawberry preserves
- Pinch of salt (optional if using unsalted butter)

Directions

Mix all the ingredients in a microwave-safe bowl. Cook on High in microwave for 90 seconds. Stir and Enjoy! CAREFUL it's hot!!

Variations

1. Try using different nuts for different textures. For example, almond meal would have a Malt-O-Meal type texture.
2. Different types and amounts of preserves, jams, and jellies will also give different texture/sweetness/flavor.