

Breakfast Cinnamon Apple

“Cup” Cake

Ingredients

- 1 egg
- 1 apple sauce (Organic no added sugar)
- 3 tbs almond flour
- 1 tbs shredded coconut
- 1/2 tsp honey
- 1 tbs z sweet
(or your favorite non blood sugar spiking sweetener)
- pinch salt
- pinch nutmeg
- pinch of ground cloves
- 1/4 tsp cinnamon

Instructions

With gift pack, just add an egg to the ingredients in the gift pack stir microwave and enjoy.

To make from scratch

Put all ingredients in microwave safe coffee mug, stir thoroughly with fork. Microwave on high for 2 minutes. (Give or take depending on your microwave)



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