

# **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

## **Instructions**

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

- 1 tbs z sweet  
(or your favorite non blood sugar spiking sweeter)
- pinch salt
- pinch nutmeg
- pinch of ground cloves
- 1/4 tsp cinnamon

### **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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