

# Blueberry Mug Muffins

2 Servings | 2½ Condiment | 1 Fueling  
13g Protein | 17g Carbs | 2.5g Fat

## Ingredients

1 packet Blueberry Muffin Soft Bake  
1 packet Maple & Brown Sugar Oatmeal  
½ tsp cinnamon  
½ tsp baking powder  
¼ tsp lemon zest  
¼ tsp vanilla extract  
2 tbsp liquid egg substitute  
½ cup unsweetened almond milk

## Instructions

Mix ingredients together in a large, lightly-greased, microwave-safe mug.  
Microwave for one minute, checking to make sure the mixture does not overflow.  
Continue to cook in 10 second increments for a total of 30 seconds, until muffin is fully cooked.