

# Chocolate (Egg-Free/Dairy-Free/Grain-Free/Sugar-Free) Muffin in a Mug

THM-Friendly: E

- 1 ripe banana
- 1/4 cup lupin flour
- 1 tsp. oat fiber
- 2 Tbsp. unflavored Pristine Whey Protein
- 1 Tbsp. cocoa
- 1 tsp. honey
- 1 tsp. coconut oil
- 1/2 tsp. apple cider vinegar
- 1/2 tsp. baking soda
- a splash of vanilla extract
- a pinch of mineral salt
- 1/2 tsp. THM Super Sweet
- 1 Tbsp. unsweetened nut milk

Place the banana in a large mug and mash well. Add the rest of the ingredients and stir. Microwave for two minutes. The muffin will rise very high during cooking but deflate when you take it out of the microwave. Add some nonfat whipped topping if you want. Be careful - it's HOT!!

enJOY!

