

## **Muffin in a Mug**

¼ cup GF oatmeal  
¼ cup GF muffin mix  
1 teaspoon ground flax  
sprinkle cinnamon  
pinch of salt  
1 ½ teaspoons chopped walnuts  
1 tablespoon raspberries  
½ cup water  
¼ teaspoon vanilla  
1 tablespoon applesauce  
cinnamon sugar

I like to pulse the oatmeal in a small food processor until it resembles very coarse flour.

Put the oatmeal, muffin mix, flax, cinnamon, and salt in a microwavable mug. Mix it together. Add 1 teaspoon of the walnuts and stir again.

Mix the vanilla and water together. Pour into the mug and stir until combined and the mixture resembles cake batter. Add the applesauce and incorporate thoroughly.

Gently stir in the raspberries.

Place in the microwave on high for one minute. Remove and top with the remaining walnuts, a few more raspberries and sprinkle with cinnamon sugar. Microwave another minute. Cool for a few minutes and then enjoy.

Note: You can substitute many other fruits for the raspberries: dried cranberries, raisins, strawberries, or apples. Also, banana might be a good substitute for the applesauce if you want to make banana muffins. If you don't use oats try replacing them with the same amount of the muffin mix. It will probably work just fine.

A few interesting variations:

### **Banana Muffin in a Mug**

Substitute half a very ripe banana (well mashed) for the applesauce. Combine the banana, water, and vanilla before adding to the dry ingredients. Omit the raspberries.

### **Double Chocolate Muffin in a Mug**

Add 1 teaspoon dutch processed cocoa, 1 ½ teaspoons sugar, and 2 teaspoons Enjoy Life Semi-Sweet Chocolate Chips to the dry ingredients. Omit the raspberries and walnuts.

**Orange Blossom Muffin in a Mug**

Use half the water. Substitute orange juice with a teaspoon of orange marmalade mixed in for the other half. Halfway through cooking sprinkle with walnuts, a dollop of the marmalade, and sprinkle with cinnamon sugar. Finish cooking. (This one seemed to rise more than the others so make sure you use a big enough mug.)