



### **Muffin in a Cup**

1/4 cup almond meal flour  
1 scoop vanilla protein powder  
1/4 tsp baking powder (double acting)  
1/8 tsp salt  
1/2 tsp cinnamon  
1 tsp vanilla extract  
1 large egg  
1 tsp vegetable oil  
1 Tbsp. water  
1 Tbsp. Greek Yogurt  
Fruit of choice (blueberries, etc.) - Optional

Place all dry ingredients in a coffee mug. Stir to combine. Add the egg, and oil, water and Greek yogurt. Stir until thoroughly combined. Microwave for 1 minute. Use a knife to help remove the muffin from the cup. Slice and eat. Makes 2 servings.

Nutrition information per serving: 162 calories, 16 grams protein, 10 grams fat, 5 grams carbohydrate, 255 mg sodium.

 **BARIX CLINICS™**  
*America's Leader in Bariatric Surgery*

[www.barixclinics.com](http://www.barixclinics.com) | [www.barixclinicsstore.com](http://www.barixclinicsstore.com) | 800-282-0066