



## FROSTED CINNAMON MUFFIN

By Dr. Cindy Tanzar  
(Maintenance/Special Occasions only)

This muffin is also from the Trim Healthy Mama collection. It is very filling. They offer a frosting, but it's totally not necessary (to me, muffin with frosting is a cupcake!) You could also add a few Lily's Chocolate Chips to the mix for an extra treat (or, if they are mini chips, sprinkle them on top of the muffin after removing from the ramekin or mug as spread them as a frosting as they melt.



### INGREDIENTS

- 1 pastured egg
- 1 Tbs. water
- 1 Tbs. organic coconut oil or butter, melted
- Dash of pure vanilla extract
- 3 Tbs. Bob's Red Mill Golden Flax Meal
- 1½ tsps. ground cinnamon
- 4 tsps. sweetener\* or 2 tsps. Swerve
- Pinch of sea salt
- Generous ½ tsp. aluminum-free baking powder



## INSTRUCTIONS

Preheat oven to 350°F, if baking.

Place all ingredients in a large coffee mug, if microwaving, or 8 oz. ramekin for the oven, and mix well. (Don't use too small of a mug or ramekin, or it will overflow when it rises). Microwave for 1 minute or bake in the ramekin for 15 minutes, or until no longer gooey on top.

\*Mix together  $\frac{3}{4}$  cup erythritol,  $\frac{3}{4}$  cup xylitol and  $\frac{1}{2}$  tsp pure stevia powder. Store extra for later use.

## FROSTING

1 Tbs. organic cream cheese

1 heaping Tbs. plain Greek yogurt

$\frac{1}{4}$  tsp. vanilla extract

2 tsp. sweetener\* (ground into powdered sugar in a coffee grinder)

(you can substitute liquid stevia to taste, but use one drop at a time – this sweetener does not have the “bitter” taste some dislike in stevia)