

Muffin In a Minute for Two

Recipe courtesy of <http://www.best-low-carb-recipes.com/>

Makes 2 servings

PER SERVING:

240 Calories

10.4g Carbs

8g Fiber

2.4g Net Carbs

13g Protein

17g Fat

(61% Fat, 22% Protein, 17% Carbs)

INGREDIENTS

1/2 cup ground flax meal

1 tsp baking soda

1/4 tsp sea salt

2 eggs, lightly beaten

2 tsp avocado oil

DIRECTIONS

Thoroughly mix all of the ingredients together.

Pour into a greased 8x 6 glass dish.

Microwave on high for 1 minute. Let rest for 1 minute. Microwave on high for 30 seconds or until set in the middle. Let cool for a few minutes.

Cut into 4 pieces.

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