

Minute Oatmeal Muffins

Recipe from: [Blogilates](#)

Serves 1

Ingredients

1 egg
1 Tbsp milk
1 tsp brown sugar
¼ cup oats, dry
¾ cup blueberries, divided
Cinnamon, optional

Directions

1. Beat egg with milk in a microwave safe coffee mug.
2. Stir in brown sugar and, if desired, cinnamon.
3. Add oats and stir well. Fold in ¼ cup blueberries.
4. Place in microwave for 1 minute. Watch carefully!! It could overflow.
5. If the muffin top does not look firm, place back in microwave in 30 second intervals until top is firm.
6. Flip mug upside down onto a plate. Serve with ½ cup blueberries (or any other berries you have on hand).

Serving Suggestion: Enjoy with 4 oz of vanilla Greek yogurt for an added boost of protein.

Note: The milk is added to help make the muffin a little moist. You can omit the milk if you prefer a drier muffin.

Nutrition Information per Serving: Calories: 230, Total Fat: 7gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 185 mg, Carbs: 34gm, Fiber: 5gm, Protein: 10 gm, Sodium: 80 mg

Nutrition Information per Serving (with yogurt): Calories: 310, Total Fat: 7gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 185 mg, Carbs: 42gm, Fiber: 5gm, Protein: 21 gm, Sodium: 130 mg

