



Carrot cake blueberry mug muffin

Got 5 minutes? Make this! The protein powder adds some 'oomph', though it is light. Serve with a couple of hardboiled eggs for an 'on the go' breakfast. If no protein powder, add an additional tablespoon of almond meal. Makes 1. Cal: 207; Fat: 16g; Pro: 13g; Carbs: 3g

Serves: 1, Prep time: 00:05, Cook time: 00:02

Instructions

Grate carrot. Add all ingredients (except blueberries and walnuts) to a small food processor and blend. Chop walnuts into small pieces. Gently stir the blueberries and walnuts through the batter and pour batter into a microwave proof mug. Microwave on high for 90 sec - 2 minutes (depending on microwave strength; mine took 90 seconds) and leave to sit.

Serve with some additional blueberries and yoghurt, if you wish :).

Ingredients

- 1 Carrot
- 2 tablespoon Almond meal
- 1 tablespoon Pea protein powder, vanilla
- 0.5 teaspoon Baking powder
- 0.25 teaspoon Cinammon
- 0.25 teaspoon Ground ginger
- 1 Eggs
- 2 tablespoon Blueberry, frozen
- 1 tablespoon Nut, walnut, raw