

PHASE 2 RECIPES

Breakfast

Coconut-Almond Flour Muffin in a Mug

This tasty breakfast muffin takes just minutes to prepare. Double the recipe to make two muffins, and reheat the second muffin the following day to save even more time.

You can play with the basic recipe by adding 1 teaspoon cocoa powder, lemon or orange zest, mint leaves, or any other herb or berry to change the flavor and add polyphenols or flavonoids.

If you don't have a microwave, pour the batter in a frying pan and serve it up as a pancake.

Phases 2-3

Serves 1

Prep time: 3 minutes

Cook time: 1-2 minutes

- 1 tablespoon extra-virgin coconut oil, melted
- 1 tablespoon extra-virgin olive oil or macadamia nut oil
- 1 tablespoon coconut flour
- 1 tablespoon almond flour
- ½ teaspoon aluminum-free baking powder
- Pinch sea salt, preferably iodized
- 1 packet stevia, or 2 teaspoons Just Like Sugar
- 1 tablespoon water
- 1 large pastured or omega-3 egg, lightly beaten

Place the ingredients in an 8- to 12-ounce microwave-safe mug, mixing well with a fork or spatula. Be sure to scrape the bottom and sides. Let it sit for a few seconds.