

# Breakfast Cinnamon Apple “Cup” Cake

## Ingredients

- 1 egg
- 1 apple sauce (Organic no added sugar)
- 3 tbs almond flour
- 1 tbs shredded coconut
- 1/2 tsp honey
- 1 tbs z sweet  
(or your favorite non blood sugar spiking sweetener)
- pinch salt
- pinch nutmeg
- pinch of ground cloves
- 1/4 tsp cinnamon

## Instructions

With gift pack, just add an egg to the ingredients in the gift pack stir microwave and enjoy.

## To make from scratch

Put all ingredients in microwave safe coffee mug, stir thoroughly with fork. Microwave on high for 2 minutes. (Give or take depending on your microwave)



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