

## Muffin in a Bowl (FP)

Muffin in a Bowl is perfect to eat after an S, E, or Fuel Pull meal since it has been stripped of both fats and carbs and is therefore vastly lower in calories than the Muffin in a Mug. It is well under 70 calories, if you're interested in the numbers. Yet surprisingly it tastes delectable and has a moist texture. Substitute the cocoa for peanut flour for a peanut butter-version. You can find this recipe on pages 258-259 of the original [Trim Healthy Mama book](#). This is a single-serve recipe.

Makes One Single Serving

### INGREDIENTS:

- 2 Tbs [TH Oat Fiber](#)
- 2 Tbs unsweetened cocoa powder (or peanut flour)
- $\frac{3}{4}$  tsp [TH Glucomannan \("gluccie"\)](#)
- $\frac{1}{2}$  tsp aluminum-free baking powder
- 2 tsp [TH Super Sweet Blend](#) (2 to 4 tsp TH Super Sweet Blend or 4 to 8 tsp [TH Gentle Sweet](#))
- $\frac{1}{3}$  cup egg whites
- 3 Tbs water



### DIRECTIONS:

1. Place all dry ingredients into a microwave-safe bowl. Whisk well to be sure to incorporate the glucomannan.
2. Add in the egg whites and water and stir well.
3. Microwave for 1 minute. Do not overcook as this will make the texture dry. The center should still be slightly underdone. If your microwave only runs high, check at 45 seconds. (Serene says you can bake this in the oven at 350 for 8–12 minutes or use a waffle iron!)

### FROM THE ORIGINAL TRIM HEALTHY MAMA BOOK:

Although we tweaked this muffin, it did not originate with us. One of the very creative forum members at [www.lowcarbfriends.com](http://www.lowcarbfriends.com) (Ouizoid) came up with this idea and has given us permission to share it with you.

This and other delicious TH recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)