



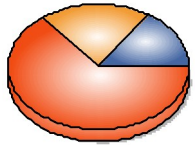
# Graeme Thomas Online

## Because "Good Enough", Isn't!

<http://graemethomasonline.com>

### 60 Second Flax Muffins

Recipe grams: 93.57g/3.3oz  
 Serves 1 93.57g/3.3oz per serving  
 Prep time: 2 min. Cook time: 1 min.



Protein: 16%  
 Carbohydrates: 20%  
 Fat: 64%

#### INGREDIENTS

- 1/4 cup FLAX SEED, GROUND
- 1 large EGG, CHICKEN, RAW, whole, fresh
- 2 tsp CINNAMON, GROUND
- 1/2 tsp BAKING POWDER, DOUBLE ACTING, salt aluminum sulfate
- 2 packet SWEETNER, SUCRALOSE, SPLENDA
- 1 tsp BUTTER W/SALT

#### DIRECTIONS

1. Grind flax seeds in a blender (if using whole seeds).
2. Add dry ingredients and sift.
3. Add room temperature butter (or coconut oil).
4. Add 1 beaten egg, stir batter.
5. Put batter in a mug or microwaveable dish.
6. Microwave on HIGH for 60 seconds.
7. Let cool 2 minutes, enjoy.

Nutrition Facts	
Serving Size: 1 serving (93.6g)	
Servings: 1	
Amount Per Serving	
Calories 290	Calories from Fat 190
% Daily Value*	
<b>Total Fat</b> 22g	<b>33%</b>
Saturated Fat 5g	<b>26%</b>
Trans Fat 0g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 220mg	<b>74%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 11g	<b>43%</b>
Sugars 3g	
<b>Protein</b> 12g	
Vitamin A 8%	• Vitamin C 2%
Calcium 30%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	