



Microwave Muffins



by Katie Caldesi

Per serving if made with apple:

NET CARBS	FIBRE	PROTEIN	FAT	KCAL
16g	7g	16g	31g	432

Makes 1 standard sized mug cake

🕒 3 mins cooking time

A low-carb twist on the instant mug cake, these versatile muffins—sweet or savoury—are quick to make, easy to customise, and perfect for meals or snacks on the go.

This is an adaptation the instant mug cake but with a fraction of the carbs. You can make them sweet with grated apple, pear and vanilla or savoury with courgette or carrot and seasoning. The muffins can be eaten just as they are or topped with cream cheese, crème fraiche or almond butter, berries or roasted vegetables to make them into more of a meal. If you make the mixture in a square container it can then be sliced in two to make a sandwich. The muffins can be cooked in the oven for 10 to 15 minutes at 180°C fan and you can even cook mini muffins for canapes.

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INGREDIENTS

1 egg

Knob of melted butter or 2 teaspoons coconut oil or olive oil

50g or ¼ cup ground almonds

Half a teaspoon baking powder

For sweet muffins:

Half a grated apple or pear

Half a teaspoon vanilla extract and/or pinch of cinnamon or mixed spice

1 heaped teaspoon of cocoa powder (optional)

Few shards of bitter 85% chocolate (optional)

For savoury muffins:

Half a courgette or carrot, coarsely grated

Good pinch of oregano

15g of grated Parmesan cheese

1 tablespoon of fresh coriander or parsley, finely chopped

Pinch of salt and pepper

METHOD - Sweet Muffin

1. Mix the egg and melted fat together.
2. Add the ground almonds, baking powder and cinnamon/ mixed spice, if required. (Add the cocoa powder at this point if making a chocolate muffin).
3. Add the apple or pear along with the vanilla extract. (Add chocolate shards here if making a chocolate muffin). Mix well.
4. Spoon into a small microwavable pot or mug and microwave on full-power for 3 minutes.
5. Top with crème fraiche and strawberries or almond butter and apple slices if flavoured with cinnamon.

METHOD - Savoury muffin

1. Mix the egg and melted fat together.
2. Add the ground almonds, baking powder, oregano and salt and pepper,
3. Add the courgette or carrot, Parmesan cheese and coriander or parsley. Mix well.
4. Spoon into a small microwavable pot or mug and microwave on full-power for 3 minutes.
5. After cooking the muffin split into four slices and top with ricotta or cream cheese, cherry tomato, some torn basil leaves and black pepper.