



# BLUEBERRY LEMON MUG CAKE

A RECIPE BY @CHEFWITHIBD

## TIME AND SERVINGS

PREP: 5 MIN      SERVINGS: 1  
COOKING: 2 MIN  
TOTAL: 7 MIN

## INGREDIENTS

- 1 TBSP OLIVE OIL
- 2 TBSP ALMOND FLOUR
- 2 TBSP COCONUT FLOUR
- 1 TSP LEMON ZEST
- 1/4 TSP BAKING SODA
- 1 OZ LEMON JUICE
- 1 TSP VANILLA EXTRACT
- 1 EGG (BEATEN SEPARATELY)
- 1/2 CUP FRESH BLUEBERRIES
- 1 TBSP HONEY

\*WHEN PICKING A MUG, MAKE SURE IT HAS A THICK BASE AND TALL SIDES

## DIRECTIONS

- MEASURE ALL INGREDIENTS SEPARATELY
- ADD ALL INGREDIENTS INTO THE MUG IN THE ORDER AS LISTED
- STIR TO INCOPERATE (BUT DO NOT OVERMIX)
- MICROWAVE THE MUG FOR 2 MINUTES AT 1100 WATTS

## NUTRITION FACTS

CALORIES - 432      CARB - 27.4 G

FAT - 36.5 G      PROTEIN - 11.6 G

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