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Super Quick Nutty Muffin

Ingredients:

- * ½ cup almond/pecan/macadamia or other nut flour
 - * ¼ tsp. baking soda
 - * ¼ cup ground flax seed
 - * ¼ tsp-1tsp **Stevia/Xylitol (or more or less depending on taste)**
 - * ¼ cup water
 - * 1 TBSP unsweetened cocoa powder (OPTIONAL)
- OR
- * ¼ tsp alcohol-free vanilla (OPTIONAL)

Directions:

1. Mix wet and dry ingredients in a teacup.
2. Place in microwave oven.
3. Cook for 1.5 minutes.
4. Remove from oven.
5. Place a saucer on top of the cup, and quickly turn over (Be careful...It's hot).
6. Gently tap cup and saucer to release muffin.
7. Allow muffin to cool off a little, and enjoy.