

## **MUFFIN IN A CUP**

¼ CUP OF OATS

1 EGG

1 TSP BROWN SUGAR

HANDFUL OF BLUEBERRIES OR STRAWBERRIES (OPTIONAL)

3 TBS MILK

DASH CINNAMON

Mix it all up in a coffee mug. Put the coffee mug in the microwave for 2 minutes.

Other fruit or dried fruit can be used instead of blueberries or strawberries.