



2 Minute Paleo English Muffins

Active Time: 2 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

259.3 calories, 5.38 g carbohydrate, 3 g fiber, 2.38 g NET carbs, 9.54 g protein, 23.47 g fat

Ingredients

- 1/4 cup(s) Miracle Mix
- 1 large pastured egg
- 2 Tbsp(s) filtered water
- 1/2 Tbsp(s) coconut oil, melted

Preparation

1. Grease a $3\frac{3}{4}$ inch ramekin.
2. Whisk ingredients together in a small bowl.
3. Pour into greased ramekin.
4. Microwave on high for 2 minutes.
5. Remove from ramekin, slice in half and toast.

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