

# Mary Lou's Muffin in a Mug

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Inspired by my WW Coach Mary Lou, tweaked to perfection by Denise at Dish With Dee on YouTube

1 serving, 2 FSP

- 1/4 cup quick cook oats
- 1/4 cup unsweetened applesauce
- 1 Tbsp unsweetened plain or vanilla almond milk
- 1 egg
- 1/2 tsp cinnamon
- 1 tsp baking powder
- dash salt
- 2 tsp 0 calorie brown sugar substitute such as Swerve or Lakanto Golden
- 13 Lily's chocolate chips or 1/4 cup berries or both! Optional!

1. Spray a mug with non stick spray
2. Mix all ingredients in mug.
3. Microwave on high for about 3 minutes. Let sit 2 minutes.

VARIATION: In place of oats, spices and sweetener, you can use 1 packet of WW oatmeal. The points would then adjust to 3 FSP for the muffin.