



FRUITY MUFFIN

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

- 100g mixed berries
- 2 tsp maple syrup
- 1/4 tsp cinnamon
- 1 English muffin, toasted
- 30g cream cheese
- 1 tsp coconut sugar

INSTRUCTIONS

- Mix berries, maple syrup and cinnamon in a small bowl.
- Once your muffin is toasted, place on a dessert plate and spread cream cheese on both sides.
- Top with berry mix and sprinkle with coconut sugar.

MACROS PER PORTION

CALORIES	351	PROTEIN	6
CARBS	57	FATS	11
FIBRE	8		