Recipe by Linda Martinucci – Simply Swap Foods www.simplyswapfoods.com.au

Lemon Blueberry Mug Cake

40g Vanilla "Hug in a Mug" Mix (1/2 pack)

1 tblsp butter (or coconut oil/ghee)

1 large egg, beaten (room temp)

½ tsp lemon rind, grated

½ tblsp lemon juice

1 tblsp blueberries



- 1. Place butter in mug and microwave on high until melted (approx 30-45 seconds)
- 2. Add all other ingredients to mug and stir until fully combined
- 3. Microwave on high for 90 seconds. Rest for 5-10 mins (it's hot!)
- 4. Serve in mug or bowl topped with your favourite toppings eg. cream, sliced orange, berries, nuts