

Recipe

Microwaved pear crumble mug

Top with a scoop of yogurt, some blueberries and banana for a sweet breakfast or even dessert.

Makes 1 serving | Prep: 3 minutes | Cook: 4 minutes



Ingredients

- 1 pear, chopped
- 2 Tbsp water
- 1/8 tsp ground cinnamon
- 1/8 tsp vanilla extract
- 2 Tbsp rolled oats
- 1 tsp ground flaxseeds
- 1 tsp unsalted butter, softened
- 1 Tbsp chopped walnuts or almonds

Preparation

In a microwave-safe mug, combine pear, water, cinnamon and vanilla. Microwave on high for about 2 minutes, until pear is softened. While the pear is cooking, mix the oats, flaxseeds, butter and walnuts or almonds until it resembles granola. Mix the pear in the mug, and top with oat mixture. Place in microwave and cook for another 1-2 minutes.

Nutrition information per serving | Serving size: About 3/4 cup



Calories: 206 | Total fat: 9 g | Saturated fat: 2 g | Sodium: 6 mg | Cholesterol: 5 mg | Total carbs: 30 g | Fiber: 7 g
Sugars: 14 g | Protein: 4 g | Potassium: 264 mg

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