

Cinnamon Roll MIM (a NowICanEatCake recipe)

Get This:

- 1 T. coconut oil
- 3-4 T. sweetener of choice
- dash salt
- splash vanilla
- pinch baking powder
- 1/2 t. cinnamon
- 1 egg
- 1/4 c. almond flour/meal

For Icing:

- 2 oz. cream cheese
- 5-6T.sweetener of choice
- 1 t. cinnamon
- heavy cream to thin

Do This:

1. Melt coconut oil in mug.
2. Add sweetener, salt, vanilla, baking powder and cinnamon and mix well.
3. Beat egg in a small bowl and then add to mug.
4. Add almond flour.
5. Microwave for 1m, 10s, or until done.
6. Mix remaining ingredients for the cream cheese 'frosting' til combined and fluffy.
7. Slice muffin into four slices, spread 'frosting' over slices.
8. Enjoy!