**Muffin in a Mug – Shortcake style**

**Ingredients**

* 1.5 tablespoons almond flour
* 1.5 tablespoons coconut flour
* 1/4 teaspoon baking powder
* 1/8 teaspoon salt
* 1 large egg
* 1 tablespoon coconut oil (melted)
* 1 heaping tbsp of Stevia
* 1 heaping tsp of sour cream

Mix in a bowl, then transfer the mixture into a mug sprayed with cooking oil or greased with butter. Cook in microwave for 90 seconds.