

Mug Bread

INGREDIENTS

- 1 Tbsp Seed mix
- 2 Tbsp Coconut flour
- 1 Tbsp Olive oil
- 2 Eggs
- 4 Tbsp Cream
- $\frac{1}{2}$ Tsp Salt
- $\frac{1}{4}$ tsp baking powder
- Mixed herbs
- 1 Tbsp Parmesan (Optional)

Seed Mix

- 80 g Sunflower seeds
 - 50 g Flax seeds
 - 50 g Sesame seeds
 - 50 g Pumpkin seeds
- Blend all seeds into a flour with stick blender.
- Store flour in airtight container.

METHOD

Mixed all dry ingredients together. In a separate bowl mix all wet ingredients and add to dry mix.

Spoon half of the batter into a coffee mug and microwave for 3 -4 minutes (check after every minute)



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