

Blueberry Crisp in a Mug

Mix in a mug:

- 1/2 cup blueberries (I used fresh, but frozen should be ok)
- 1/2 TBSP agave (or sugar or sweetener, if you prefer)

Mix separately in a small bowl:

- 3 TBSP oatmeal (I used old-fashioned)
- 1 TBSP whole wheat flour
- 1 TBSP agave (or sugar or sweetener to taste)
- 1/8 tsp cinnamon

Spread this mixture over the blueberries. Top with:

- 1 TBSP slivered almonds

Bake in microwave about 2 minutes until the berries bubble up over the topping a bit (My microwave is 700 watts; if you have a more powerful one, try 1 minute first. Or, if you use frozen blueberries, it might take longer.)

With the almonds, it was 258 calories

Nutrition data calculated on MyFitnessPal.

The almonds are 43 calories, so it would be 215 without them, but they really added a crunch and they are recommended on the MIND diet.



Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 257	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 197 mg	6 %
Total Carbohydrate 52 g	17 %
Dietary Fiber 5 g	20 %
Sugars 32 g	
Protein 5 g	10 %
Vitamin A	1 %
Vitamin C	12 %
Calcium	3 %
Iron	8 %
* The Percent Daily Values are based	

