

Paleo choc-coco breakfast muggin

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OK, so technically this one comes in a mug – ergo, a muggin – but it can also be transported in, and eaten from, a jar.

Microwaves ain't great things, but my approach is this: if it's the difference between eating a decent breakfast and not, well, go for it. Sometimes it's the lesser of two evils.

Ingredients

- ¼ cup almond meal or [gluten-free](#) self-raising flour
- 2 tbsp desiccated coconut
- 1 tbsp raw cacao powder
- ½ tbsp rice malt syrup or ½ tsp granulated stevia
- ¼ cup coconut milk or any other type of milk
- Greek-style, full-fat, organic plain yoghurt, to serve

METHOD

Add all ingredients to a microwave-safe mug and mix with a spoon. Microwave on high for 1½ to 2 minutes. Serve with yoghurt.

Note: If you're carrying this to work, you can par-cook it first (so it doesn't spill).

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Recipe from Sarah Wilson's *I Quit Sugar For Life*.

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