

McMuffles

THM-Friendly: S

- 2 Tbsp. almond flour
- 2 Tbsp. THM [Baking Blend](#)
- 1/8 tsp. baking soda
- 2 tsp. THM [Super Sweet](#)
- 1 Tbsp. melted butter
- 3 Tbsp. egg whites (or EggBeaters)
- a pinch of mineral salt



Preheat your mini waffle maker. Mix all the ingredients together in a small bowl. The batter will be fairly thick. Cook about half the batter in your waffle maker. In the meantime, scramble up some eggs and heat up a sausage patty or some Canadian bacon. When the first "waffle" is done, place it on a plate and cook the second waffle. Assemble your McMuffle with Laughing Cow cheese, the eggs, and the meat between your two waffles.

I added fresh raspberries to my batter before cooking...it was yummy - but not necessary.

You can use 4 Tbsp. almond flour and skip the Baking Blend. I used the Baking Blend to lighten up my S meal a little bit.

Single serve.

enJOY!

