

Chicken Pot Pie in a Mug

THM-Friendly: S

- 3-4 Tbsp. cooked chicken (canned is fine)
- 1/4 cup mixed veggies (*I did a half can of green beans, 2 Tbsp. corn and 1 Tbsp. diced onion.)
- 1 Tbsp. half and half
- 1 tsp. butter
- 1/4 tsp. thyme
- 1/4 tsp. oregano
- 1/4 tsp. sage
- sprinkle of salt and pepper
- 2 Tbsp. chicken stock
- 1 Tbsp. Baking Blend
- 1/4 tsp. glucomannan

Stir together in a large mug.

Biscuit Topping:

- 2 Tbsp. Baking Blend
- 1/2 tsp. baking powder
- 1/8 tsp. mineral salt
- 1 Tbsp. half and half
- 1 whole egg
- 1 Tbsp. butter
- 1/8 tsp. glucomannan (enough to thicken the batter)
- 1/8 tsp. sage
- 1/8 tsp. thyme

In a small bowl, mix together and spoon on top of your chicken mixture.

Microwave for 3 minutes.

enJOY!

