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Elise Abram

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It's happened to all of us--we want to eat healthier, but then we're sabotaged by cravings for sugar, salty, carb-laden snacks. Rather than reach for a chocolate bar or bag of chips the next time the carb craving hits, reach for a mug muffin instead. Paleo, Gluten Free, and Low Carb mug muffins are a healthy-ish alternative, great for breakfast, dessert, or just because. Paleo, Gluten Free, and Low Carb Mug Muffins will show you how to make a baker's dozen of different mug muffins from a single base recipe. Choose from Black Forest Cherry, Blueberry Crumble, Carrot Cake, Red Velvet, and Apple Fritter...and we're just getting started! In addition to recipes, you will learn about the health benefits of the basic building block ingredients, such as the flours, sweeteners, and fiber options used to make the best mug muffins you've ever tasted!

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