

Keto Muffins

Servings: 12 | Prep: 10 min | Cook: 20 min

Ingredients:

- ☐ • 2 cups almond flour
- ☐ • 2 tsp baking powder
- ☐ • 3 large eggs
- ☐ • ½ cup unsweetened almond milk
- ☐ • ¼ cup butter, melted
- ☐ • ½ cup erythritol or monk fruit
- ☐ • Flavor add-ins: ½ cup blueberries or sugar-free chocolate chips

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in a bowl.
3. Whisk eggs, almond milk, butter, and sweetener in another bowl.
4. Combine wet + dry ingredients, fold in flavor add-ins.
5. Pour into lined muffin tin, bake 18–20 min until golden