

Lemon Almond Butter Muffins

INGREDIENTS

6 Eggs (300 g)
6 tbsp Olive Oil (90 g)
¾ cup Coconut Flour (90 g)
½ cup Swerve Erythritol (80 g)
6 oz Cream Cheese (170 g)
¼ cup Almond Butter (60 g)
¼ cup Lemon Juice (60 g)
1 tbsp Vanilla Extract
1 tsp Baking Soda
Pinch of Salt
Pinch of Stevia Extract Powder

NUTRITION (per serving)

Number of Servings - 12
217 Calories
Fat - 18 g
Protein - 6 g
Carbohydrate - 7 g
Fiber - 3 g
Sugar - 2 g
NET CARBS - 4 g

DIRECTIONS

1. Preheat the oven to 350°F
2. In a medium bowl, whisk together the eggs, olive oil, lemon juice, and 2 tsp of vanilla extract
3. In a separate bowl, mix the coconut flour, ¼ cup erythritol, baking soda, salt, and stevia
4. Combine the dry and wet ingredients, spoon into a greased 12-cup muffin pan
5. Bake for 12-15 minutes
6. To make the icing, whip room temperature cream cheese, almond butter, ¼ cup erythritol, 1 tsp vanilla extract, salt, and stevia

EAT LOCAL & SUSTAINABLE

