
Chocolate Keto Muffins

1 net carb per muffin.



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Servings: 12

2 c flax seed, ground
20 to 30 drops liquid stevia (or equiv) (sub 1/4 cup granular xylitol)
1 tbsp baking powder
2 tsps ground cinnamon
3 tsps unsweetened cocoa powder
1/2 tsp salt
5 eggs, large
1/2 c filtered water, room temp
1/3 c coconut oil, melted (or MCT oil)
2 tsps vanilla extract

DIRECTIONS

Preheat oven to 350 F. Grease or line muffin tins (or molds) and set aside.

Whisk together: flax seed, stevia, baking powder, cinnamon, cocoa powder and salt in a large bowl. Combine fully and set aside.

Using a high-powered (or hand-held) blender, combine eggs, water, coconut oil (or MCT oil) and vanilla. Blend on high 30 seconds until foamy.

Pour blended liquid mixture into the flaxseed dry mix bowl. Stir with a spatula until lightly incorporated. Batter will be very fluffy. Let batter rest 3 minutes.

Spoon batter into muffin cups, about 90% of the way up. Muffins expand while baking.

Bake 13 to 15 minutes, until an inserted toothpick/fork comes out clean.

When done, remove muffins from the cups immediately and place on a cooling rack.

Store muffins in the fridge up to 4 days, or in the freezer up to 3 months.

Per Serving: 215 Calories; 17g Fat (69.5% calories from fat); 8g Protein; 9g Carbohydrate; 8g Dietary Fiber.

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