



# Keto Blueberry Muffins

Keto Blueberry Muffins are the perfect breakfast recipe for the weekend. Store them in the freezer, afternoon snack, or take to brunch! It's great to have an option other than eggs . . . and our kids love them too!

## Recipe:

Combine:

2 C Almond Flour

$\frac{3}{4}$  C Keto Sweetener

1  $\frac{1}{2}$  tsp Baking Powder

Pinch Salt

Blend in:

2 Eggs

$\frac{1}{4}$  C Butter

$\frac{1}{3}$  C Almond Milk

1 tsp Vanilla

Fold in:

$\frac{3}{4}$  C Blueberries (fresh or frozen)



Use parchment paper liners! Bake in the oven at 350 for 15-17 min.

## The Keto Dad Tips and Tricks:

- We chose an Allulose Blend for our sweetener: Whole Earth Allulose Blend!
- Want to have some fun? Bake them with sliced almonds sprinkled on top!
- They freeze well - to warm, pop in your toast oven on low heat for a few minutes. We always keep a batch of muffins in the freezer!
- Definitely use parchment paper muffin cups to keep them from sticking!

Makes 12 Muffins, serving size is 1 muffin

Calories 168, Fat 15, Carbs 5, Fiber 2, (Net Carbs 3) Protein 5

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