



Keto French Toast Muffins

French Toast Muffins? Yes, they're Keto! The Ketogenic Lifestyle doesn't mean just bacon and eggs for breakfast. With only four ingredients, these are the easiest and tastiest Keto muffins you'll make!

Oh - and no flour and no sweetener required!

Here are the Ingredients You'll Need:

- 8 Eggs
- 8oz Block Cream Cheese
- 1 tsp baking powder
- 2 tsp cinnamon

Recipe:

- Put everything in the mixer
- Blend until smooth
- Pour into a lined muffin tin
- Bake at 400 for 18 minutes!



Serve with butter and cinnamon or sugar free syrup!

The Keto Dad Tips:

- Use parchment paper muffin cups!!!
- Don't over mix the batter
- The muffins will fall - I haven't figured out a way to make them stay fluffy ;) But they still taste AMAZING!
- Optional: Add 1 teaspoon Vanilla
- See a video about favorite Keto Syrups on our blog! SimpleFunKeto.com

Serves: 12

Macros: Calories: 114 Fat: 9g, Carbs: 2g, Fiber 0g, Protein: 5g

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