



6

Servings

10 min

Prep Time

25 min

Cook Time

35 min

Total Time

## Berry Muffins

### Ingredients

- ½ cup almond meal
- ¼ cup coconut flour
- ¼ cup keto sweetener (I used Whole Earth Bakers Secret)
- 1 tsp baking powder
- 3 large eggs
- 3 tbsp coconut oil
- 2 tbsp nut milk
- 1 tsp vanilla extract
- 3 tbsp sugar free jam of your choice ( I used Hawthorne Hill Sugar Free Blueberry Jam)

### Macros Per Serve

Calories - 198 | Fat – 14.7g

Net Carbs – 3.1g | Protein – 5.7g

## Conventional Method

- 1 Preheat the oven to 180° and grease a muffin tray.
- 2 Place all wet ingredients, except the jam, in a bowl and lightly whisk until combined.
- 3 Place all dry ingredients in the bowl and stir well until all combined.
- 4 Place a heaped tablespoon of batter in 6 of the muffin holes.
- 5 Then divide the jam evenly between the 6 muffin holes and spoon on top of the batter.
- 6 Evenly spread the remaining batter between the 6 muffin holes and make sure it covers the jam. Smooth out if you need to.
- 7 Place the tray in the oven and bake for 25 minutes, or until the centre is cooked.
- 8 Remove from the oven and allow to cool for 5 minutes before taking out of the tray.

## Thermomix Method

- 1 Preheat the oven to 180° and grease a muffin tray.
- 2 Place all wet ingredients, except the jam, in the Thermomix bowl and mix for 30 sec/sp3.
- 3 Place all dry ingredients in the bowl and mix for 15 sec/sp3/rev. Scrape down the sides and repeat.
- 4 Place a heaped tablespoon of batter in 6 of the muffin holes.
- 5 Then divide the jam evenly between the 6 muffin holes and spoon on top of the batter.
- 6 Evenly spread the remaining batter between the 6 muffin holes and make sure it covers the jam. Smooth out if you need to.
- 7 Place the tray in the oven and bake for 25 minutes, or until the centre is cooked.
- 8 Remove from the oven and allow to cool for 5 minutes before taking out of the tray.