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BLUEBERRY SOUR CREAM MUFFINS

I've always loved a good muffin. But I loved them a lot less after I realized that they were not as healthy as I had thought. So I made these blueberry muffins to satisfy my craving. It's a great base recipe that you can change to suit your taste—or what's in your fridge. Be sure to use a light hand when mixing the blueberries—unless you want Smurf-colored muffins!

ACTIVE TIME: 10 minutes

TOTAL TIME: 35 minutes

SERVINGS: 6

DIETARY CONSIDERATIONS: Vegetarian

Keto cooking spray

¼ cup superfine coconut flour

½ teaspoon baking powder

¼ cup Swerve granulated sweetener

3 large eggs

¼ cup full-fat sour cream

1 teaspoon almond extract

1 cup fresh blueberries

1. Preheat the oven to 350°F. Lightly grease a 6-cup muffin pan with cooking spray (or line it with silicone cupcake liners); set aside.
2. In a medium bowl, combine the coconut flour, baking powder, and sweetener. Stir well to combine. Make a well in the dry ingredients. Add the eggs and beat lightly in the well. Add the sour cream and almond extract and stir to make a smooth batter. Gently fold in the blueberries. Divide the batter evenly among the prepared muffin cups.
3. Bake the muffins for 20 to 25 minutes, until the tops have browned. Cool for about 5 minutes in the pan, then transfer to a wire rack to cool completely.

PER SERVING

Calories: 107

Total Fat: 7g

Total Carbs: 15g

Net Carbs: 5g

Fiber: 2g

Sugar: 3g

Protein: 4g

MACROS

59% Fat

19% Carbs

16% Protein



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