



KETO CHOCOLATE

Chip Muffins

This recipe by Leanne Vogel is sourced from **Healthful Pursuit*

Ingredients:

- 2 ½ cup (275 g) blanched finely ground almond flour
- ½ cup (96 g) erythritol
- 1 ½ teaspoon baking powder
- ¼ teaspoon finely ground sea salt
- 3 large eggs
- ⅓ cup (70 g) coconut oil, melted
- ⅓ cup (80 ml) milk (nondairy or regular)
- ½ teaspoon vanilla extract
- ½ cup (110 g) stevia-sweetened chocolate chips, divided

Methods:

1. Preheat the oven to 350°F (177°C) and line a 12-count muffin pan with liners.
2. Place the almond flour, erythritol, baking powder and salt into a large mixing bowl and stir until combined.
3. In a separate smaller bowl, combine the eggs, melted coconut oil, milk, and vanilla. Once combined, transfer to the flour mixture and stir until incorporated.
4. Sprinkle in most of the chocolate chips, leaving a handful for later. Once the chocolate chips are added, fold them into the batter before dividing the batter into the prepared muffin cups.
5. Top each muffin with a couple of chocolate chips before transferring the muffin pan to the preheated oven. Bake the muffins for 20 to 25 minutes, or until a toothpick inserted comes out clean.
6. Once complete, remove the pan from the oven and carefully remove the muffins from the pan. Allow them to cool completely on a cooling rack before enjoying.