

KK's Low-Carb Lemon Muffins



Makes 12 muffins

Ingredients:

- 2 cups almond flour
- 3 tablespoons granulated sweetener (Swerve or Splenda)
- 2 tablespoons baking powder
- 4 eggs
- $\frac{1}{2}$ cup butter melted
- $\frac{1}{2}$ cup heavy cream

- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

Instructions:

1. Line muffin tin with baking cups. Preheat oven to 350 degrees.
2. In medium bowl mix wet ingredients. In larger bowl mix dry ingredients.
3. Add wet to dry ingredients. Mix until combined (do not beat).
4. Bake for 25 minutes, and cool 5 minutes.

Nutrition per muffin: Calories 238; Total Fat 22.5 g; Saturated Fat 8.4 g; Monounsaturated Fat 9.7 g; Polyunsaturated Fat 2.9 g; Total Carbohydrates 8.6 g; Dietary Fiber 2.0 g; Sugar Alcohols 3.8 g; Sugars 1.4 g; Protein 6.3 g; Sodium 331 mg