

KETOCAL® BLUEBERRY MUFFINS



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Heavy Cream	10 gm heavy cream	
Protein	23.2 gm KetoCal® vanilla powder	2 (-14 gm fat)
	6.4 gm NOW Real Food® almond flour	1.2 (-1.8 gm fat)
	7.5 gm fresh whole egg, raw	0.5 (-0.5 gm fat)
Fat	6.2 gm butter, melted	4.5 (-16.3 gm)
Carbohydrate	8.5 gm blueberries, chopped	1.3
Other	4 gm erythritol	

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, weigh the ingredients using a gram scale.
- Stir the ingredients together until a thick batter forms.
- Grease a muffin pan or silicone mold with nonstick cooking spray.
- Evenly pour the batter into the muffin pan.
- Bake for 20-25 minutes until the edges of the muffin become brown in color.
- Allow the muffins to cool for 5-10 minutes before removing from the pan.
- Serve warm, room temperature or cold.

VARIATIONS

- Other carbohydrates can be used such as strawberries, raspberries, or sugar-free chocolate chips.
- Other artificial sweeteners may be used such as liquid saccharin, liquid stevia, or Da Vinci Gourmet® sugar free syrups.
- When adjusting this recipe, the amount of cream should be no more than half the amount of KetoCal®.