

Chocolate Chip Muffins

Cook Time: 10 minutes

Total Time: 10 minutes

Yield: 14 – 15 muffins

Ingredients

-1 cup fine almond flour

-2 tbsp powdered erythritol, or 1 tbsp sugar or stevia equivalent

-1/4 cup milk of choice

-1 large egg, including the vegan options listed earlier in the post or 1 flax egg

-1/2 tsp baking powder

-1/4 tsp salt

-mini chocolate chips (or sugar free chocolate chips), or crushed walnuts, or pinch cinnamon, etc.

Instructions

Preheat oven to 350 F. Grease a mini muffin tin very well. Combine all dry ingredients (stirring well), then stir in wet. Scoop into muffin cups, filling about 2/3 of the way up. Bake 10 minutes on the center rack (or 15 minutes for regular-sized muffins). Remove from the oven and let cool an additional 10 minutes, during which time they will continue to firm up. Carefully go around the sides of each muffin with a knife and pop out. Add a few mini chocolate chips to the top of each muffin!