

Low-Carb Cranberry & Orange Muffins

Hands-on 10 minutes Overall 35-40 minutes

Nutritional values (per muffin): Total carbs: 7.7 g, Fiber: 3.4 g, **Net carbs: 4.4 g**,

Protein: 6.9 g, Fat: 18.6 g, Calories: 219 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 10 muffins)

- 4 large eggs, separated
- 1/4 cup virgin [coconut oil](#) or butter (55 g/ 1.9 oz)
- 1/2 cup [coconut milk](#) or heavy whipping cream (120 ml/ 4 fl oz)
- zest from 1 orange, organic (about 1 tbsp)
- 1 1/2 cup [almond flour](#) (150 g/ 5.3 oz)
- 1/4 cup [coconut flour](#) (30 g/ 1.1 oz)
- 2 tbsp [chia seeds](#), ground (16 g/ 0.6 oz)
- 1/2 tsp [cinnamon](#)
- 1 tsp [baking soda](#)
- 2 tsp [cream of tartar](#) or lemon juice
- 1/4 sea salt
- 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)
- 15-20 drops [Stevia](#) extract
- 1 1/2 cup fresh cranberries (165 g/ 5.8 oz)
- melted [coconut oil](#) or [ghee](#) for greasing

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Separate the egg yolks from the eggs whites. Place the egg yolks in a bowl and add softened coconut oil, stevia and powdered Erythritol. Mix until creamed.
2. Add the orange zest. Sift the coconut and almond flours (this is optional but will help avoid any clumps). Add the almond and coconut flour, chia seeds, cinnamon, baking soda, salt and combine well. Pour in the coconut milk and mix until well combined.
3. Meanwhile, whip the egg whites with the cream of tartar until they create soft peaks. Gently fold them into the dough - try not to deflate the egg whites completely.
4. Halve the cranberries if too big and add them to the dough. Line a muffin tin with muffin paper cups (or use a silicon baking tray). You

may want to spray the paper cups with some coconut oil or melted ghee to avoid sticking.

5. Place in the oven and bake for 25-30 minutes until the tops are golden brown. Remove from the oven and let the muffins cool down for 10-15 minutes.
6. Store at room temperature loosely covered with a kitchen towel for up to a day, or refrigerate for up to 5 days.

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