

Easy Low-Carb Sausage Stuffed Pancake Muffins

Hands-on 10 minutes Overall 35 minutes

Nutritional values (per serving, 1 muffin): Total carbs: 3.8 g, Fiber: 2 g, **Net carbs: 1.8 g**,

Protein: 8.2 g, Fat: 17.4 g, Calories: 200 kcal,

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



Ingredients (makes 8 servings)

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/4 cup [coconut flour](#) (30 g/ 1.1 oz)
- 1/2 tsp sea salt
- 1/2 tsp [gluten-free baking powder](#)
- 3 large eggs
- 1/4 cup melted butter *or* [ghee](#) (60 ml/ 2 fl oz)
- 6 tbsp unsweetened [almond milk](#) (90 ml/ 3 fl oz)
- 1/4 lb gluten-free breakfast sausage (115 g/ 4 oz)

Instructions

1. Preheat oven to 175 °C/ 350 °F (conventional), or 155 °C/ 310 °F (fan assisted) and line a muffin pan with 8 liners. Form the sausage into little balls and cook over medium high heat until cooked through.
2. In a medium size bowl whisk together the almond milk, butter, and eggs. In a large bowl whisk together the dry ingredients. Pour the wet ingredients into the dry while whisking to incorporate.
3. Place a piece of sausage in the bottom of each muffin cup and pour the batter of the sausage.
4. Bake for 15-20 minutes until a toothpick comes out clean.
5. Store in an airtight container in the refrigerator for up to 5 days, or freeze for up to 3 months.

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