

Keto Cheesy Cauliflower Muffins

Hands-on 30 minutes Overall 1 hour

Nutritional values (per muffin): Total carbs: 6 g, Fiber: 2.5 g, **Net carbs: 3.5 g,**

Protein: 10.2 g, Fat: 16.4 g, Calories: 204 kcal,

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



Ingredients (makes 10 muffins)

- 1 small cauliflower (300 g/ 10.6 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1/2 tsp sea salt
- 1 1/4 cups [almond flour](#) (125 g/ 4.4 oz)
- 2 tbsp [whole psyllium husks](#) (8 g/ 0.3 oz)
- 2 tsp onion powder
- 1/2 tsp smoked paprika
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 1/2 tsp [gluten-free baking powder](#)
- 4 large eggs
- 1/4 cup organic full-fat milk (60 ml) - *see note below*
- 1/4 cup water (60 ml)
- 1 cup grated cheddar cheese (113 g/ 4 oz)
- 1/2 cup grated Parmesan cheese (45 g/ 1.6 oz)

Note: Although milk is typically not allowed on a keto diet due to the relatively high carb count, a small amount of organic full-fat can be used. Instead of full-fat milk you can use 2 tablespoons (30 ml) of heavy whipping cream and 2 tablespoons (30 ml) of water. Or you can substitute it with 1/4 cup of unsweetened almond milk or cashew milk.

Instructions

1. Preheat oven to 190 °C/ 375 °F. Roughly chop cauliflower into smaller florets.
2. Place in a baking tray with the oil and salt and toss to combine. Bake for 25 mins, stirring half way through.
3. Place dry ingredients (almond flour, psyllium husks, onion powder, paprika, salt, pepper and baking powder) in a bowl and mix to combine.
4. Add the eggs, milk and water to another bowl and whisk together.

Pour the egg mixture into the dry mixture and stir to combine.

5. Fold through the cheeses and cauliflower.
6. Divide evenly amongst prepared pans (you should be able to make 10 muffins). Sprinkle with a little extra smoked paprika. Bake for 20 - 25 minutes.
7. Allow to cool in tin for five minutes, and then move to a wire rack to cool completely. Store in the fridge up to five days, or freeze for up to three months.

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